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Living Legends

One journey leads to another

By Dana Attocknie, Managing Editor

The direction Floyd Guy Black Bear receives before the march is precise.

"'If you hear a popping sound, get on the ground until we tell you to get up,'" the voice said.

The march was for civil rights, specifically in support of voter registration rights, and it took place in March 1965 from Selma, Ala. to the state capitol in Montgomery. Leading the march was Dr. Martin Luther King, Jr.

Black Bear, Cheyenne, wasn't focused on the fear or danger involved with the march, but on the larger issue at hand.

"I was kind of wondering. Wondering what this whole thing was about," Black Bear, who was 24 years old at the time, said.

Through his involvement with the Methodist Church, Black Bear and 12 other people were asked by John Adams and Woodrow "Woody" White to participate in the historic event.

"We marched ten miles a day," Black Bear, 69, said. "Everything I learned there, I brought back here."

Black Bear was able to meet King briefly when he first arrived in Selma. He said once they arrived in Montgomery former Alabama Gov. George C. Wallace was waiting for them. Wallace didn't want them in the state capitol, but once the marchers entered the capitol, they prayed, Black Bear said.

As it turns out, the Selma-to-Montgomery march and standing up for civil rights was only a sign of things to come in Black Bear's life. Through his work and his beliefs, he was able to establish a relationship with the human rights commission, and years later in 1977, Black Bear said he helped organize a civil rights meeting in Watonga, Okla.

"I always call my life a journey," Black Bear said. "It started with my parents. They always stressed hard work, honesty and family. We grew up in a home environment where we respect each other."

Black Bear was born to James Black Bear White Eagle and Daisy (Turtle) Black Bear White Eagle on Feb. 8, 1941 at the Lame Bull allotment that is northwest of Kingfisher, Okla. He has ten siblings: the late Erma Tasso of Watonga, Okla., Bessie Tasso of Kingfisher, Okla., Jacob Nick Black Bear of Henegar, Ala., James Black Bear, Jr. of Geary, Okla., Lou White Eagle of Nashville, Tenn., Mary Lou Powell of Oklahoma City, the late Harvey Black Bear, Burton Black Bear of Seattle, Wash., Lester Black Bear of Phoenix, Ariz., and Charles Black Bear of Seiling, Okla.

Together with Sherry Baker Bearskin of Winnebago, Neb., he has two sons: Darren James Black Bear and Cheyenne Wevoka Black Bear.

Black Bear said his parents were the generation taken away to boarding schools, so they taught their children the English language first. He also admitted he grew up ashamed of being Indian because of the discrimination against American Indians. He said at the time in Kingfisher, Okla. the only jobs held by American Indians were manual labor jobs, and in school he only learned about the white man.

When he went to college at Arizona State University (ASU), however, there was an Indian club and he soon met Indian kids who were proud of their history. As he grew up, Black Bear became more involved in his traditional ways and today he urges the youth to get involved as well. He said he wants the youth to learn more about their Cheyenne ways, to get involved and never quit.

"I think that what a lot of young people need to do is learn about their fam-

*See **journey**, page 5*

Photo by Dana Attocknie

Top: Floyd Black Bear stands in his Watonga, Okla. home surrounded by pictures and treasures he's collected.
Left: Floyd Black Bear played football at Arizona State University.

Tribes receive healthy business award

By Rosemary Stephens, Reporter/Graphic Artist

Outside the Quail Creek Country Club the cold wind blows and snow covers the ground. Inside, the warmth of handshakes and greetings are being shared.

On Feb. 4, 2010 the state of Oklahoma recognized over 100 businesses in their seventh annual Oklahoma Certified Healthy Business awards ceremony in Oklahoma City.

The Cheyenne and Arapaho tribes of Oklahoma received the Certificate of Merit award for the year 2009.

Margie Deer said she filled out the business healthy awards application on behalf of the Cheyenne and Arapaho tribes for submission to the Oklahoma State Department of Health.

Deer is the director for the Racial and Ethnic Approaches to Community Health (REACH) program offered through the tribes.

"I had no idea if we would even be considered because we still allow smoking around the tribal complex, but I knew we, as a tribe, do a lot to promote health among our employees as well as the elderly and our youth," Deer said.

The Oklahoma Certified Healthy Business program recognizes Oklahoma businesses that provide health and wellness opportunities to their employees and improve the health status of Oklahomans overall.

The program began in 2003 and is sponsored yearly by the Oklahoma Academy for State Goals, the Oklahoma Turning Point Council, the Oklahoma State Chamber of Commerce and the Oklahoma State Department of Health.

Photo by Rosemary Stephens

Dr. Terry Cline presents Margie Deer (l) and Lt. Gov. Leslie Harjo (r) with the Certificate of Merit award on behalf of the Cheyenne and Arapaho Tribes of Oklahoma.

"Just meeting criteria is an accomplishment because when a company puts out their

*See **healthy,** page 3*

Photo by Dana Attocknie

Billy Williamson and Jeannie Whiteman (Top L to R) from the Cheyenne and Arapaho tribes Department of Education join Robert Wilson, acting treasurer, and Gov. Janice Boswell (Bottom L to R) as Boswell signs a grant on Feb. 2, 2010 at the Native American Church in Concho, Okla. The grant will help implement a radio and television station for the Cheyenne and Arpaaho tribes and surrounding communities.

See story on page 3.

GOV. JANICE BOSWELL & LT. GOV. LESLIE HARJO

COMMUNITY MEETINGS

MEAL PROVIDED

ALL EXECUTIVE DIRECTORS, PROGRAM DIRECTORS, GAMING GENERAL MANAGERS AND GAMING OPERATIONS MANAGERS WILL BE PRESENT TO INTRODUCE THEIR PROGRAMS AND ANSWER QUESTIONS.

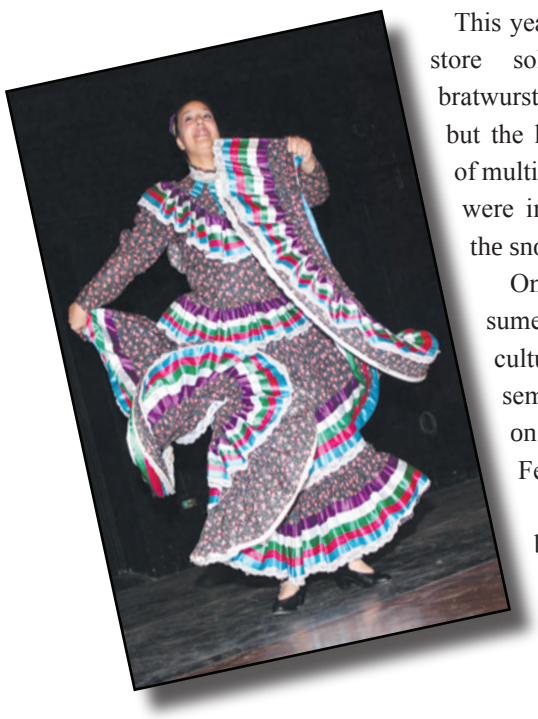
TIME	DATE	COMMUNITY	LOCATION
6 P.M.	FEB. 16, 2010	GEARY	GEARY COMMUNITY HALL
6 P.M.	FEB. 17, 2010	CLINTON/WEATHERFORD	FRISCO CENTER
6 P.M.	FEB. 19, 2010	EL RENO/CALUMET	CONCHO COMMUNITY HALL
6 P.M.	FEB. 22, 2010	SEILING/WOODWARD	SEILING COMMUNITY HALL
6 P.M.	FEB. 23, 2010	CANTON/LONGDALE	CANTON CITY HALL
6 P.M.	FEB. 24, 2010	WATONGA	MULTI-PURPOSE CENTER
6 P.M.	MARCH 2, 2010	HAMMON/ELK CITY	HAMMON COMMUNITY HALL
6 P.M.	MARCH 3, 2010	KINGFISHER	FAIRGROUNDS EXHIBIT BUILDING

Multicultural lessons at high school

By Kathey Luster,
HCP school newsletter editor

Multicultural Week is planned every year by the Harding Charter Prep Student Council and is an opportunity for students to learn about the different cultures that are represented in our school and elsewhere.

"Learning about different cultures is always fun," Mehdi Ahrabi, junior, said.



This year the student store sold eggrolls, bratwurst and taquitos, but the last two days of multicultural week were interrupted by the snow days.

Once classes resumed, the Multicultural Week assembly was held on Wednesday, Feb. 3, 2010.

The assembly included Native American dancers from the Eagles in Flight Dance Troupe.

"I like the Native American attire," Erin Moore, senior, said. "Especially the headdress of the cute younger boy."

International student Viktoriya Antonova shared a short speech about her native Russia and what it is like to be a teenager there, as well as how it is different in Oklahoma.

"Compared to last year, promoting the cultures was better, because it wasn't just students," Jacob Johnson, senior, said. "I liked the Russian exchange student, she lives there which brings a better perspective."

There was also traditional garb and dancing from senior Paige Wilson, sophomore, Danielle Rogers, senior, Nayyer Ahrabi and junior Brenda Negrete.

Photos by Kelli Taylor

Prosecutors seek gag order in sweat lodge case

(FLAGSTAFF, Ariz.) - Attorneys for a motivational speaker charged in the deaths of three people during an Arizona sweat lodge ceremony wasted no time going on the offensive after his arrest the first week of February.

James Arthur Ray's lawyers appeared on ``Larry King Live'' and granted interviews to other national media outlets to counter prosecution claims that he was responsible for the deaths at a ceremony he led in October.

The push didn't go unnoticed, with prosecutors now filing a request for a gag order in the case.

Yavapai County Attorney Sheila Polk argued the order would limit pretrial publicity that could taint the jury pool.

She wants the order to include Ray's employees, his attorneys and their staff, staff and attorneys in the county attorney's office and employees of the county sheriff's office.

``Nothing is more vital to a just and accurate outcome of this case than ensuring that the evidence is presented in a venue controlled by the rules of evidence rather than in the court of public opinion,'' Polk wrote in her request.

Ray's attorneys did not immediately respond to a request for comment Feb. 8, 2010. They said in court documents that they would file a formal response that week.

They also asked that the prosecutors' motion be heard on Friday, Feb. 12, 2010 when they also plan to argue for a reduced bail.

Ray faces three counts of manslaughter and is being held in a Yavapai County jail on a $5 million bond. His attorneys have called the deaths a tragic accident and said Ray is not guilty.

Prosecutors contend Ray recklessly crammed more than 50 participants of his ``Spiritual Warrior'' event into a 415-square-foot sweat lodge and chided them for wanting to leave, even as people were vomiting, getting burned by hot rocks and lying on the ground.

Three people who never regained consciousness died at hospitals - Kirby Brown, 38, of Westtown, N.Y., James Shore, 40, of Milwaukee and Liz Neuman, 49, of Prior Lake, Minn. Eighteen others were hospitalized.

Sweat lodges are commonly used by American Indian tribes to cleanse the body. The ceremony involves heating stones outside the lodge and then placing them in a pit inside the lodge. The door is closed, and water is poured on the stones, producing heat aimed at releasing toxins from the body.

Public records show a pattern of illnesses at Ray-led events that he largely ignored. If convicted, Ray faces up to 12 1/2 years on each count of manslaughter with probation being an option.

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Native American Journalist Association member

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Tribal members may pick up copies at the following Oklahoma locations: Tribal complex, Smoke shop in Concho; Indian clinic, BIA office, Education building (Canadian Square), Chamber of Commerce, City Hall in El Reno; Indian clinic, Elder care, Housing building, Annex, Cheyenne Culture Center, Smoke shop in Clinton; Indian clinic, Food Distribution in Watonga; Canton Smoke shop, and Seiling/Fonda Community Center. / Papers are printed by Lindsay Webb Press.

Newspapers per copy - 50 cents; Annual subscription rate - $35; Enrolled C & A tribal members - FREE.

DEADLINES: ***The Tribal Tribune is published on the 1st & 15th of each month. The deadline for the 1st issue is the 23rd of the previous month - the deadline for the 15th issue is the 8th of that month.***

Poster unveiled for 89th annual Indian Market

(SANTA FE, NM) When the Southwestern Association for Indian Arts (SWAIA) asked painter Gerónima Cruz Montoya (Ohkay Owingeh) to be the 2010 Santa Fe Indian Market poster artist, it acknowledged a fundamental principle in Native American art: the past and future exist simultaneously.

The choice of 95-year old Montoya to represent the 2010 Santa Fe Indian Market carries deep significance.

Throughout a career that has spanned countless shifts in the world of Indian art, Montoya has been unwavering in establishing Pueblo values as the foundation for her approach to life, art and teaching.

Her insistence on the centrality of tribal life in contemporary Native American art, specifically painting, is as resonant today as it was when she began her formal training at Dorothy Dunn's Santa Fe Indian School (SFIS) Art Studio in the early 1930s.

As a young student, Montoya became interested in Dunn's two-dimensional Studio Style because of its stylistic resonance with Pueblo secular and religious life. The colorful depictions of Pueblo dancers, families, women and children that she first produced during this period became the trademark of her paintings.

Even after the well-documented shift to abstract individualism in the early 1960s heralded by the advent of the Institute of American Indian Arts, Montoya's paintings have maintained a remarkable consistency in line with her steadfast values as a Pueblo citizen.

Montoya became the director of the SFIS Art Studio when Dunn retired in 1937 and taught there until 1962. During her time at the Art Studio, Montoya encouraged renowned 20th century Indian artists like Narciso Abeyta, Harrison Begay, Ben Quintana and Joe Herrera to develop an artistic style in line with personal and community values. Montoya was also largely responsible for helping emerging artists produce economically viable work that would channel income back into their respective communities. Upon leaving SFIS, she returned home to establish the Ohkay Owingeh Arts and Craft COOP.

"Mrs. Montoya is a monumental figure in 20th Century Native art," say SWAIA Executive Director Bruce Bernstein. "Both personally and professionally, I am humbled by her accomplishments and her humanity; she is a true friend and mentor."

Photo by Toba Tucker

Gerónima Cruz Montoya (Ohkay Owingeh), the 2010 Santa Fe Indian Market Poster Artist.

Today, Montoya continues to sit during Indian Market in the approximate location under the portal where she has been since the 1930s. Legions of students, friends and artists stop to say hello. Montoya also served on the SWAIA Board of Directors and has volunteered for years.

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Three new U.S. attorneys appointed to Advisory Committee

(WASHINGTON, D.C.) - Attorney General Eric Holder announced the appointment of three new U.S. Attorneys to serve on the Attorney General's Advisory Committee (AGAC): Sanford Coats of the Western District of Oklahoma; Steven M. Dettelbach of the Northern District of Ohio; and Jim Letten of the Eastern District of Louisiana.

"I welcome the addition of these U.S. Attorneys to the AGAC, which plays a critical role in the department. I will rely heavily on them as we work to further the department's efforts to reduce violent crime and gang violence, promote civil rights, ensure fairness in the marketplace and above all, preserve our national security," said Holder.

The AGAC, chaired by U.S. Attorney for the District of Minnesota B. Todd Jones, was created in 1973. The committee, which reports to the Attorney General through the Deputy Attorney General, represents the voice of the U.S. Attorneys and provides advice and counsel to the Attorney General on policy, management and operational issues impacting the Offices of the U.S. Attorneys.

Coats was presidentially appointed U.S. for the Western District of Oklahoma on Dec. 30, 2009.

Prior to his appointment he served as an Assistant U.S. Attorney for the Western District of Oklahoma (2004-2009); Assistant U.S. Attorney on detail for the Eastern District of Louisiana (2007), and an associate attorney with Fellers, Snider, Blankenship, Bailey & Tippens (1999-2003).

Communication for the community

By Dana Attocknie, Managing Editor

Cheyenne and Arapaho tribes Gov. Janice Boswell signs an agreement that acknowledges a matching grant for radio and television licensing and development.

Boswell signed the grant on Feb. 2, 2010 at the Native American Church building in Concho, Okla. On. Nov. 15, 2008 Resolution No. 111508STC-006 was approved at a special tribal council meeting in the wellness center at Southwestern Oklahoma State University.

The resolution states the Cheyenne and Arapaho tribes, as well as other tribes and the general public would, "benefit from tribally operated public telecommunications radio and television stations that are absolved of all political uses and that would provide programs and services which inform, enlighten and enrich the Tsistsistas and Hinonoei (Cheyenne and Arapaho) tribal members … "

*See **Communication**, page 6*

healthy

Continued from page 1

money to keep their employees healthy they are doing a great thing and it shows they care about their employee's health," Larry Olmstead, Oklahoma Turning Point director, said.

Olmstead said there are three levels of awards that are presented during the ceremonies.

The Certificate of Excellence award is given to businesses that far exceed the basic requirements/criteria. The Certificate of Merit award is for businesses that go just beyond the required criteria and a Certificate is for businesses that just met the criteria and no more.

Some of the requirements for an award is providing health education to employees, furnishing facilities for employees to exercise in, providing time off for employees to exercise and proper diet and health education.

Oklahoma Commissioner of Health Dr. Terry Cline presented the awards following his keynote address and congratulatory speech.

"What you are doing as businesses is impacting peoples' lives throughout Oklahoma. It seems a lot of Oklahomans have chosen the path of least resistance to becoming healthy and I am not sure if it's out of a lack of initiative or if it is just plain ignorance," Cline said.

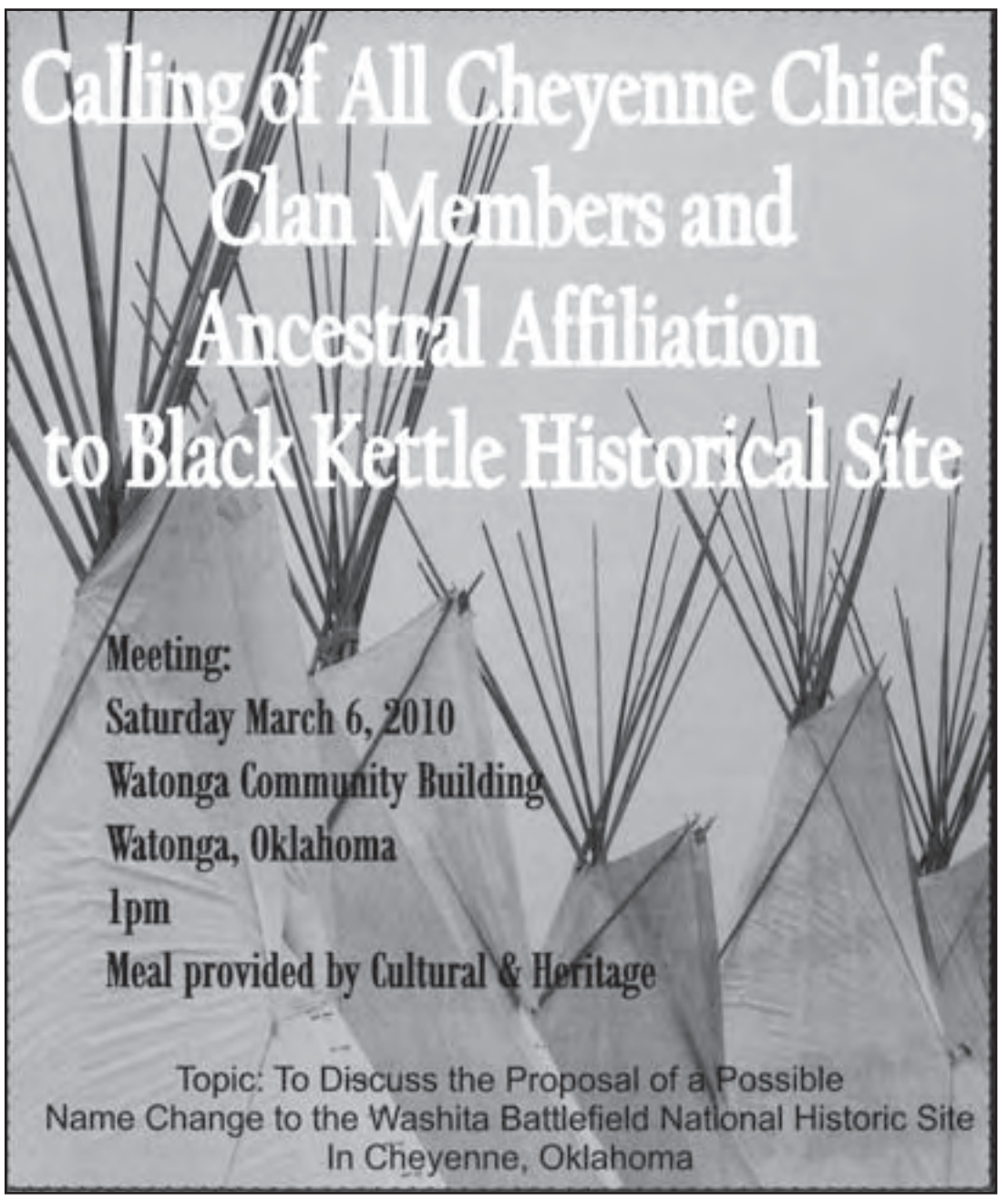
He said these awards were a way to recognize the commitment some businesses have made to their employees to promote a healthy and better way of life.

"By changing one persons quality of life it affects another, then another. Since 2003 over 688 businesses have been recognized for impacting the quality of their employees and their employees families lives," Cline said. "I want to thank all of you for improving the lives of all those who venture into your work space."

Accepting the award for the tribes was Deer and Lt. Gov. Leslie Harjo.

Harjo said she was proud of the Cheyenne and Arapaho tribes' employees and especially the REACH program for taking the time to apply for this award.

To learn more about applying for the Oklahoma Certified Business awards contact Olmstead by email at www.ok.gov/health/Community_Health.


Calling of All Cheyenne Chiefs,
Clan Members and
Ancestral Affiliation
to Black Kettle Historical Site
Meeting:
Saturday March 6, 2010
Watonga Community Building
Watonga, Oklahoma
1pm
Meal provided by Cultural & Heritage
Topic: To Discuss the Proposal of a Possible
Name Change to the Washita Battlefield National Historic Site
In Cheyenne, Oklahoma

Two former elected tribal officials convicted of conspiracy, embezzlement

(OKLAHOMA CITY) – On Feb. 4, 2010, a federal jury found William F. Blind, Jr. (a/k/a "Bill Blind"), 68, and his wife, Vinita H. Sankey, 60, both of Canton, Okla., guilty of conspiracy and embezzlement of more than $150,000 of funds belonging to the Cheyenne and Arapaho Tribes of Oklahoma ("Tribes"), including net gaming revenues derived from the Lucky Star Casinos, announced Sanford C. Coats, United States Attorney for the Western District of Oklahoma.

"These defendants used their elected positions within the Tribe to take funds for improper and personal use," said Coats. "Tribal elected officials must be held to the same standard as other elected government officials. I commend the FBI agents and prosecutors who worked diligently on these cases for six years in order to expose this corruption and to bring these fourteen defendants to justice."

Blind and Sankey were elected to the Tribe's Business Committee as representatives for the Arapaho District One (A-1) in 1998 and served on the Business Committee until 2006.

Blind and Sankey also served as tribal tax commissioners. Blind served for a period as tribal chairman and Sankey served for a period as tribal secretary.

Evidence at trial showed that, between 2000 and 2006, Blind and Sankey conspired to embezzle tribal funds entrusted to them by virtue of their elected positions through submission of various travel claims for expenses related to conferences they did not attend, improper reimbursements, and payment for expenses of relatives to which they were not entitled. In addition, evidence showed that tribal funds were used to purchase cashiers' checks from which cash was retained for personal use, and that checks were improperly drawn on the Tribal operating and tax accounts for personal use.

Also, evidence showed that tribal funds were used to purchase various vehicles (including a 2001 Dodge Pickup, 2002 Lincoln Town Car, Chrysler 300 M, and a 2003 Dodge 1500 Quad Cab Pickup), two riding lawn mowers, and a portable storage building, which were not returned to the Tribes upon leaving office.

In total, more than $150,000 of Tribal funds were embezzled or converted. The pair was originally indicted in November 2008. The trial lasted six days and the jury deliberated about six hours before finding Sankey guilty on, conspiracy and 21 counts of embezzlement.

The jury found Blind guilty of conspiracy and eights counts of embezzlement and found him not guilty on a single count of embezzlement. At sentencing, Blind and Sankey each face up to five years in federal prison, a $250,000 fine, and restitution on each count. Sentencing for both defendants has been set for May 5, 2010.

Tribal Tidbits

Left: Christine Morton, procurement specialist, outlines vendor guidelines for tribal employees.

Right: Christine Morton hands a winning raffle ticket to Basil Pollock who tracks down the holder of the winning ticket.

Photos by Rosemary Stephens

Left: Denise Blackowl, procurement, grants and contracts director and comp officer signs employees in for procurement training.

Cheyenne and Arapaho tribal employees attend a training seminar on contract bidding, purchasing regulations and vendor requirements on Feb. 9, 2010 at the Community Center in Concho, Okla.

The training was hosted by the Cheyenne and Arapaho tribes' producrement office personnel.

The children work with chocolate scented playdough.

Child care students learn the proper ways to brush their teeth.

Courtesy photos

In preparation for Valentine's Day, the preschool class at the Concho Child Development Center made chocolate scented playdough. The children really enjoyed this activity and it help them with their sensory (smell), manipulative (grasping dough), creative (shaping dough) and color recognition skills.Children learn through play and this is one way they do so.

The children also learned the proper techniques for brushing their teeth.

Ms. Tamara is doing chicken dance with the kids

Students work on putting together puzzles that help with their motor skills.

Courtesy photos

Students are given materials to create a face.

The Cheyenne and Arapaho tribes' Clinton Head Start students are working and playing in their classrooms. The students are taught to have physical activity each day, to paint, draw and use their imaginations.

NIEA Vice-President Dr. Teresa Makuakane-Drechsel delivers the 2010 State of Native Education Address

NIEA photo

Dr. Teresa Makuakane-Drechsel delivers the 2010 State of Native Education Address on Feb. 8, 2010 in Washington, D.C.

Submitted by the NIEA

Aloha Pumehana K kou, on behalf of the Board of Directors for the National Indian Education Association, I welcome you to the Fifth State of Native Education Address.

My name is Teresa Haunani Makuak ne-Drechsel. I am Native Hawaiian, and have the honor of serving as this year's vice-president for the National Indian Education Association.

NIEA was founded in 1970 and is the largest and oldest native education organization in the U.S., with over 3,000 members. Its mission is to "support traditional native cultures and values, to enable native learners to become contributing members of their communities, to promote native control of educational institutions, and to improve educational opportunities and resources for American Indians, Alaska Natives, and Native Hawaiians throughout the United States."

For 40 years, NIEA has strived to meet the mission of our founders by providing advocacy on behalf of its members, ensuring technical assistance services, and collaborating with tribal groups and various education and Native organizations. But despite our efforts, funding for native education programs during the past decade remained stagnant or was greatly reduced.

Last year, with the historic election of our 44th President, Barack Obama, our hopes and dreams were raised when he vowed to work for ALL Americans. And during his first year as president, he and his administration made good on his promise by meeting with tribal leaders in early November 2009, and ensuring that his Cabinet-level staff, especially the Secretary of Interior and Secretary of Education and their aides, continued to work in tandem with our tribal leaders and native educators to address the longstanding problems related to native education.

Moreover, Obama's federal budget for fiscal year 2011 includes specific funding, "[which] give[s] Native American families the tools that they need to succeed."

Although some of the following are not specific to education, they do address the larger issues related to education, health, safety, and governance and include **1) Continue Efforts to Increase Access to Health Care for American Indians and Alaska Natives (AI/ANs), 2) Empower Tribal Nations, 3) Expand access to college and boost Native American college completion, 4) Combat Crime in Indian Country, 5) Support Infrastructure Development for Native Americans, 6) Provide Funds for Cobell Settlement, and 7) Support Lending in Low-Income Communities.**

NIEA's Appropriations Priorities for FY11

A 5 percent increase for Title VII, Native Education, Elementary and Secondary Education Act (ESEA) - U.S. Dept. of Education - Labor, HHS, Education Appropriations Bill

· In consideration of the economic downturn and constrained domestic budget, NIEA requests a moderate 5 percent increase for FY11 over the FY10 enacted level of $194.912 million for a total of $204.65 million for ESEA Title VII funding. This amount would include providing a 5 percent increase in funding for the following programs within Title VII: Indian Education, Alaska Native Education Equity, and Education for Native Hawaiians. NIEA appreciates that Congress provided an increase in FY10 of $5 million over the FY09 enacted level for Title VII.

· NIEA requests that $2 million of the increase it seeks go toward national research activities (Title VII, Part A, Subpart 3) that would focus on analyzing effective approaches in teaching native children and on the educational status and needs of native students. NIEA requests that another portion of the increase it seeks go toward funding tribal education departments, which are authorized under ESEA but have never been funded as well as to teacher in-service and professional development programs contained in the special programs section of ESEA.

· Title VII is severely under-funded. Title VII provides critical support for culturally based education approaches for Native students and addresses the unique educational and cultural needs of Native students. It is well documented that Native students thrive academically in environments that support their cultural identities while introducing different ideas. Title VII has produced many success stories but increased funding is needed in this area to bridge the achievement gap for native students.

A 5 percent increase for Impact Aid, Title VIII, ESEA - U.S. Dept. of Education - Labor, HHS, Education Appropriations Bill

· NIEA requests a 5 percent increase for FY11 over the FY10 enacted level for impact aid. The FY10 enacted level for impact aid was $1.138 billion. President Obama's budget for FY11 requests is level with last year's amount and does not keep pace with inflation. Further, the FY 2011 budget proposes allocation of $17.509 million for impact aid facilities construction. The funding proposed for FY11 does not meet the tremendous backlog to build new facilities. Many public schools on reservations are crumbling and should be replaced.

NIEA urges that the 5 percent increase be used for facilities construction so that some progress can be made in meeting the mushrooming public school construction needs on reservations.

NIEA appreciates that $100 million was allocated for impact aid facilities construction in the American Recovery and Reinvestment Act.

A $10 million increase over the FY10 Enacted Level for Native Language Immersion and Restoration grants under the Esther Martinez Native Languages Act - Administration for Native Americans (ANA), Administration for Children and Families, U.S. Health and Human Services - Labor, HHS, Education Appropriations Bill.

· NIEA requests a $10 million increase to $59 million for FY11 to ANA to support Native language immersion and restoration programs under the Esther Martinez Native Languages Act. In FY10, ANA received a $1.750 million increase with the directive that no less than $12 million of the amount provided to ANA should be used for language immersion activities.

NIEA urges the continuation of at least $12 million at ANA for language preservation activities and urges an additional $10 million in FY11 for ANA that would also be used for language preservation activities, resulting in at least $22 million for language preservation at ANA.

NIEA is very appreciative of the Obama Administration's and Congress's support for this crucial program. President Obama's priorities for native communities include preservation of Native language programs and specifically support for the Esther Martinez Act.

· The Esther Martinez Act preserves and fosters fluency in Native American languag-

See **NIEA**, *page 8*

NIEA executive director to also serve as DHHS Commissioner of Administration for Native Americans

Submitted by the NIEA

NIEA Executive Director Lillian A. Sparks, Esq. (Oglala Lakota) has been nominated by United States President Barack Obama to serve as the Commissioner of Administration for Native Americans, Department of Health and Human Services.

She gave a brief testimony, accompanied by the Rosebud Sioux Tribe President Rodney Bordeaux.

Obama has been attentive to Native American issues and she has been asked to implement the president's agenda for tribal communities.

In her capacity as NIEA's executive director, she has brought national attention to education issues concerning American Indians, Alaska Natives and Native Hawaiians for almost six years.

This appointment will cover not only education, but also economic and infrastructure development, early childhood education, language preservation, and the principals of tribal self-determination, tribal consultation, and tribal inclusion.

She told the Senate Committee on Indian Affairs, "I look forward to working with the members of this committee to provide essential services to Native American communities across the country."

All of the committee was very enthusiastic about her nomination. This position serves the American Indian, Alaska Native and Native Hawaiian communities within the Health and Human Services.

The position has been vacant for over a year, last served by Quanah Crossland Stamps (Cherokee Nation).

Sparks joins other prominent American Indian appointments in the Obama Administration including; Interior Assistant Secretary for Indian Affairs Larry Echo Hawk, White House Senior Policy Adviser for Native American Affairs Kim Teehee, White House Associate Director of Intergovernmental Affairs Jodi Gillette, and Indian Health Service Director Yvette Roubideaux.

Sparks will continue to be with the National Indian Education Association and hosted their Legislative Summit, Feb. 8-10, 2010 in Washington, DC. For more information on the summit, visit www.niea.org.

NIEA photo

Lillian Sparks with her mother, Georgeline.

The mission of the National Indian Education Association (NIEA) is to support traditional native cultures and values; to enable native learners to become contributing members of their communities; to promote native control of educational institutions; and to improve educational opportunities and resources for American Indians, Alaska Natives and Native Hawaiians throughout the United States.

The National Indian Education Association, a 501(c) (3) membership-based organization, was founded in 1970.

Report to the People

Contract Dates: Jan. 1, 2009 to Dec.31, 2009

Financial Award(s): $592,458.00 IHS/SUB AFA PRT Services

$ 40,000.00 IHS/SUB/MSPI Award

$ 45,500.00 IHS/SUB/ARRA Grant-Contract Award

$ 53,529.00 IHS/SUB AFA PRT Services Increase

$200,000.00 IHS/SUB/MSPI Award

$931,487.00 Combined Total for C&A Substance Abuse Program

Background:

The Cheyenne and Arapaho tribes have a contract with the Indian Health Service to provide substance abuse services to any substance abuser eighteen years of age and older who has a Certificate Degree of Indian Blood. The residential facility of the Substance Abuse Program is known as the George Hawkins Memorial Treatment Center located in Clinton, Okla. The treatment center has been in operation since January 2002 at the Clinton, Okla. location. Prior to that, the Treatment Center had been located in Concho, Okla. and Bessie, Okla. The Substance Abuse Program has a long, rich history with the Cheyenne and Arapaho Tribes since circa 1970. Since the inception of the new constitution, the Substance Abuse Program is located under the direction of the Department of Health and its executive director.

Purpose:

The purpose is to provide tribal members primary residential treatment services in an effort to reduce substance abuse. This is often proven effective in reducing the use of alcohol. It is also becoming more effective in the rising tide of other drugs such as methamphetamine. We guide clients to recovery and help reduce the use of illegal and addictive substances. Our counselors address individual, family, and community issues prompted by substance abuse. Our vision is for healthy and recovering American Indians. This is being accomplished through individual choices, excellent prevention services and professional therapy.

Target Population:

The target population serves all American Indians with emphasis on those who live in the service area of the Cheyenne and Arapaho Tribes.

Program Philosophy:

The Substance Abuse Program offers primary residential treatment to American Indian tribal members. The treatment is offered on a twenty-four hour, seven day a week basis. Primary residential treatment is a non-medical, intensive treatment program designed to facilitate the substance abuser by placing the client in a highly structured therapeutic environment. The program offers individual and group counseling, substance abuse education and the 12-Step program of Alcoholics Anonymous adapted to the Indian culture.

Reports and Training:

The Substance Abuse Program provides a reporting system to the people, to the Indian Health Services and to appropriate agencies such as family services, child welfare and tribal and district courts. Training is done by attendance at state and tribal conferences and weekly in-training and review sessions.

Statistics:

For the second semi-annual period of 2009 (July 1 to Dec. 31), the program had 37 admissions in to primary residential treatment and 40 discharge. Of the discharge clientele, 31 successfully completed 60 days of primary residential treatment. During that same time period, there were 268 group classes held on topics such as alcohol education, relapse/relapse prevention, communication/assertiveness, feelings/awareness, emotions, self-concept, relationships and spiritual/cultural aspects

There were 14 sweat lodge ceremonies conducted on the treatment center property. There were no Native American Church meetings held. The client is transported to Alcoholic's Anonymous and Narcotics Anonymous meetings held at various times throughout the week.

Funding

Modification 11 to Contract Number 246-2007-0022 between the Cheyenne and Arapaho tribes and the Indian Health Service, Department of Health and Human Services, of the United States of America incorporated into the Annual Funding Agreement $592,458 for Calendar Year 2009 of which $74,379 is obligated to Indirect Cost. In September, Modification 15 gave the program a one-time funding increase of $53,529 directly to program services, improvement, and equipment.

The Substance Abuse Program submitted an application and was approved for the American Reinvestment and Recovery Act "Stimulus" money in the amount of $45,500. Indian Health Service has obligated such money for use in upgrading deficiencies.

The program, by contract, will upgrade the windows to a more energy efficient version throughout the building, exterior painting as well as interior painting of client bedrooms and service areas, and the installation of a barrier gate at the north entrance driveway.

The Methamphetamine and Suicide Prevention Initiative was awarded to the Substance Abuse Program to 1) identify the usage of methamphetamines within the Tribal Service Area and to enhance our prevention services to measurably decrease the usage of methamphetamine; 2) address the rate of suicide, especially among young Indians, which is disproportionate to the general population – the users of this grant will identify such a problem among our Cheyenne and Arapaho people and take steps to find reasons and solutions to causes of suicidal ideas and triggers such as depression and substance abuse; and 3) hire a full time staff member, the behavior specialist, who will visit all locations of the service area and work with schools and other agencies to bring about hope, wellness and alternatives to suicidal tendencies and the use of methamphetamine – this counselor will be assisted by others those who are familiar with the tribal members and the cultural aspects that may affect this problem and its solution. As a three year initiative, funding has been received for the first two years totaling $240,000. The third year is contingent upon successful implementation of the first two years of programmatic work.

Currently, the Substance Abuse Program does not receive any funds derived from the Gaming Revenue Allocation Plan.

The Program does receive a percentage of funds derived from the Motor Fuels Compact and is placed in to the General Account for benefit of the Substance Abuse Program.

Location:

The Substance Abuse Program is located at the following address:

Cheyenne & Arapaho tribes - Substance Abuse Program

George Hawkins Memorial Treatment Center

10320 North Airport Road

Clinton, OK 73601

(580) 331-2370 Telephone

(580) 323-9406 Facsimile

Respectfully Submitted,

Harold Spradling, M.Ed., LADC, LPC

director, Substance Abuse Program

Jan. 27, 2010

Form Created by: N. BARTON

Created and available for review on: Jan. 27, 2010. Submitted by mail to IHS on: Jan. 28, 2010

Submitted by e-mail to Cheyenne and Arapaho Department of Health and tribal administration on: Feb. 1, 2010

Submitted by e-mail to Cheyenne and Arapaho Tribal Tribune for publication on Feb. 15, 2009: Feb. 1, 2010.

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"To Bridge A Gap" conference

The Muscogee Creek Nation will be hosting the Ninth annual "To Bridge A Gap" conference, in collaboration with the National Forest Service March 29-April 1, 2010.

This conference is designed to strengthen government-to-government relationships between the USDA Forest Service and federally recognized tribal governments with interests in forests.

The forest service and tribal governments have a desire and obligation to establish government-to-government relationships where there are mutual interests in managing the cultural, natural, or social resources of the national forests.

The conference will be held at the Southern Hills Marriott Hotel in Tulsa, Okla. and will provide opportunities for tribal and forest service leaders to share information about their respective missions, values, program activities, and interests.

Topics for this year's To Bridge A Gap will include:

1) GPS (Global Positioning System), and GPR (Ground Penetrating Radar) for preservation.

2) We Are Distinctly Unique Peoples and Cultures.

3) Tribal Consultation Best Practices.

4) Tribal and NFS Collaborative Programs.

5) Archaeological Resources Protection Act (ARPA) and Vandalism Issues.

6) Native American Graves Protection and Repatriation Act (NAGPRA).

7) GIS (Geographic Information System): Benefits for Preservation.

8) Tribal Environmental Programs and Issues.

9) National Tribal Historic Preservation Program: Updates and Application Process.

Guest Speaker will be Lt. Gov. of the Chickasaw Nation and President of the National Congress of American Indian, Jefferson Keel.

Several federal and state agencies will be present including National Forest Service from various regions, Army Corp. of Engineers, State Historic Preservation Offices, National Park Service, and National Resources Conservation Service.

The To Bridge A Gap Conference is a wonderful opportunity to discuss tribal relations and cultural preservation issues, and participate with others whom are dedicated to improving this relationship.

For more information including registration forms, contact Joyce Bear, MCN, Cultural Preservation Department at (918) 732-7731; or Johnnie Jacobs at (918) 732-7835, johnniej@muscogeenation-nsn.gov

Conference registration and hotel information can also be found on the Muscogee Creek Nation Web site at www.muscogeenation-nsn.gov under Bulletins on the homepage.

Red Earth to open museum in downtown Oklahoma City location

(OKLAHOMA CITY) – Red Earth, Inc., which operates the Red Earth Museum and produces the award-winning Red Earth Native American Cultural Festival, has relocated its museum and office to 6 Santa Fe Plaza in downtown Oklahoma City.

The new location is immediately south of the Skirvin Hilton Hotel and is within walking distance of the Cox Convention Center where the non-profit organization will conduct the 24th annual Red Earth Festival June 18-20, 2010.

The Red Earth Museum originally opened in 1978 as The Center of the American Indian at the Kirkpatrick Center Museum Complex, which is known today as Science Museum Oklahoma.

The notable American Indian museum is home to a respected permanent collection of more than 1,600 items of fine art, pottery, basketry, textiles and beadwork. When the Red Earth Museum reopens in March, a new component of the downtown attraction will include a sales gallery featuring original Native American artwork with plans to offer paintings, jewelry, pottery and beadwork along with other Native American related items including publications, CD's and DVD's to the buying public.

"One of the goals of our organization has always been to provide an outlet for talented Native American artisans to sell their works to the public," said Jonna Kauger Kirschner, president of the Red Earth Board of Directors. "Until our move to downtown Oklahoma City we have been able to fulfill this goal during our annual festival only. Now, with the opening of our new location, we can fulfill this mission throughout the year."

During its 31-year history at the Kirkpatrick Center/Science Museum location, the Red Earth Museum has hosted a wide variety of acclaimed traveling exhibitions including collaborations with the Cherokee Heritage Center, Pendleton Mills, the United States Postal Service and such master artists as Enoch Kelley Haney, Vanessa Morgan, Doc Tate Nevequaya, and Benjamin Harjo, Jr.

A recent exhibition featured at the Red Earth Museum, entitled "They Know Who They Are," showcased a collection of 24 oil paintings commissioned by the Chickasaw Nation, and brilliantly depicting Chickasaw elders by Oklahoma artist Mike Larsen.

The organization's educational programs operate year-round, drawing from exhibits, workshops, demonstrations and seminars that showcase art, dance, music and literature. Red Earth is currently expanding its educational programming by reaching out to teachers and students through the Internet.

The future looks bright for the Red Earth Museum," said Kirschner. "When people travel to Oklahoma City they want to experience Native American culture. With the Red Earth Museum being in the heart of Oklahoma's capitol city, we're excited about showcasing our unique Native heritage to people from throughout the world. We will continue our great tradition of enhancing the cultural climate of our state."

journey

Continued from page 1

ily. It gives them self-esteem, self-identity," He said, adding that Indian people should get as much education as they can.

"Young people need to learn more about tribal government and participate in activities," Black Bear said. "Public school doesn't offer tribal government and treaties."

Black Bear was sought out to attend ASU and play football. Prior to college, he enlisted in the Army at the age of 18. He left for the military soon after graduating from Kingfisher High School in 1960. While at ASU he earned a Bachelor's Degree Education Minor in special education in 1969. He became a special education teacher for children in the third through fifth grades from 1974 to 1976 at Kingfisher Public Schools. Then became a campus minister, Chaplain, for grades ninth through 12th from 1976 to 1977 at Chilocco Indian Boarding School. He later served as a minister for the Arkansas United Methodist Church in Arkansas, Kan. and the Wesley Tah United Methodist Church in Watonga, Okla.

As a minister in the 1970s and now a Watonga resident, Black Bear said a delegation of elderly men met with him because they were concerned that when people died, who were members of the Native American Church or Sundance, the other ministers did not like to handle their funerals.

"That was a wake up call," Black Bear said.

The elders took him to the Arrow keeper, who was his grandfather, and he soon learned the protocol and respect needed. He said he made a promise then to help and learn, and it was the beginning of a new relationship with his Cheyenne people.

"That was a lesson I didn't learn in books," he said.

Black Bear remained involved with the mainstream community during that time as well. A congregation of people told him about the mistreatment by local Watonga law enforcement officers against Native Americans. He began going to city council meetings and learned that the police were putting Native Americans in the city jail that was unattended and locked from the outside, whereas the non-Native American's were taken to the county jail that was in better condition, and not cold in the winter and hot in the summer. He said it took three years to get the city council to close the jail, but he feels it's a landmark in his involvement with the community. He recommend to the city council that members of law enforcement also take human behavior classes and begin hiring minorities so their staff could be a reflection of the community.

Around 1974 or 1975, Black Bear said he helped Native Americans being denied services at the Watonga Municipal Hospital. The hospital had a sign that read, "No treatment to Native American Indians," he said. Hospital staff would refer Native Americans to the Clinton Indian Health Service. The hospital would later have to change their policy and no longer violate civil rights or loose their

*See **journey**, page 11*

Social Security adds 38 new Compassionate Allowance Conditions

Michael J. Astrue, Commissioner of Social Security, announced that the agency is adding 38 more conditions to its list of Compassionate Allowances. This is the first expansion since the original list of 50 conditions - 25 rare diseases and 25 cancers - was announced in October 2008. The new conditions range from adult brain disorders to rare diseases that primarily affect children. The complete list of the new Compassionate Allowance conditions is attached.

"The addition of these new conditions expands the scope of Compassionate Allowances to a broader subgroup of conditions like early-onset Alzheimer's disease," Commissioner Astrue said. "The expansion we are announcing today means tens of thousands of Americans with devastating disabilities will now get approved for benefits in a matter of days rather than months and years."

Compassionate Allowances are a way of quickly identifying diseases and other medical conditions that clearly qualify for Social Security and Supplemental Security Income disability benefits. It allows the agency to electronically target and make speedy decisions for the most obviously disabled individuals. In developing the expanded list of conditions, Social Security held public hearings and worked closely with the National Institutes of Health, the Alzheimer's Association, the National Organization for Rare Disorders, and other groups.

"The diagnosis of Alzheimer's indicates significant cognitive impairment that interferes with daily living activities, including the ability to work," said Harry Johns, president and CEO of the Alzheimer's Association. "Now, individuals who are dealing with the enormous challenges of Alzheimer's won't also have to endure the financial and emotional toll of a long disability decision process."

"This truly innovative program will provide invaluable assistance and support to patients and families coping with severely disabling rare diseases," said Peter L. Saltonstall, president and CEO of the National Organization for Rare Disorders (NORD). "On behalf of those patients and families, I want to thank Commissioner Astrue and his enthusiastic team for creating and now expanding a program that will have a direct impact on the quality of life of thousands of individuals."

"The initiative not only assists those whose applications are quickly processed, but also assists those whose applications need more time and attention from SSA adjudicators," said Marty Ford, co-chairman, Social Security Task Force, Consortium for Citizens with Disabilities. "We are pleased to see today's expansion and look forward to working with Commissioner Astrue on further expansion of this decision-making tool and other ways to expedite determinations and decisions for disability claims."

"We will continue to hold hearings and look for other diseases and conditions that can be added to our list of Compassionate Allowances," Astrue said. "There can be no higher priority than getting disability benefits quickly to those Americans with these severe and life-threatening conditions."

Social Security will begin electronically identifying these 38 new conditions March 1, 2010.

For more information about the Compassionate Allowances initiative, visit www.socialsecurity.gov/compassionateallowances.

Judge drops charges against one in '75 slaying

(FARGO, N.D.) - A federal judge on Feb. 3 2010 threw out an indictment against one of two men accused in the 1975 slaying of a fellow American Indian Movement member.

U.S. District Judge Lawrence Piersol agreed to drop the charges against John Graham after a request from prosecutors. Graham and Richard Marshall were charged in federal court in South Dakota with killing or aiding the murder of activist Annie Mae Aquash.

Marshall is scheduled to go on trial later this month.

Graham also is charged in South Dakota state court with taking part in the kidnapping and killing of Aquash.

Graham's lawyer, John Murphy, had argued that his client, who is from Canada's Yukon territory, could not be prosecuted in federal court because he is not considered an American Indian. The federal government has jurisdiction over American Indian-related crimes.

Murphy was not immediately available for comment Wednesday.

The federal trial for Graham and Marshall had been scheduled to start Feb 16 in Rapid City, South Dakota. Marshall, who is from South Dakota, has pleaded not guilty.

Federal prosecutors did not immediately return phone messages seeking comment.

South Dakota Attorney General Marty Jackley said Graham's initial appearance in state court is scheduled in Pennington County court Wednesday afternoon.

Graham is charged with one count of felony murder in relation to kidnapping, one count of felony murder in relation to rape and one count of premeditated murder.

State prosecutors said Graham and two other AIM members drove Aquash from Denver to Rapid City, where she was held against her will and questioned about whether she was an informant. Prosecutors have said she was not working with the government.

State prosecutors allege that Graham raped Aquash in an apartment and later fatally shot her near Wanblee, 86 miles (138 kilometers) east of Rapid City.

Communication

Continued from page 3

Passage of the resolution sanctioned the policy of acquiring licensing from the Federal Communication Commission in order to establish the radio and television stations.

The tribes' received $705,403 of a $19.5 million grant from the U.S. Department of Commerce National Telecommunication and Information Administration's (NTIA) Public Telecommunications and Facilities Program (FTFP). The grant was announced on Sept. 30, 2009. The stipulation of the grant was for the tribes' to supply a matching grant of $705,403, divided over two years.

An agreement was made between the tribes' and Keane Communications of Albuquerque, N.M. as contractor on Oct. 23, 2009 to provide "Covered Services" to the tribes education department. Covered Services include "writing of the PTFP grant for C&A Television Project per specifications outlines in the proposal from Keane Communications … (and) the contractor shall properly maintain the project area and preserve the areas outside the project area in their natural state … "

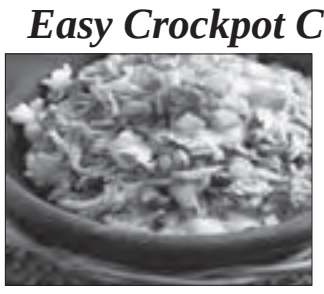
According to the proposal, "Keane Communications will research, secure, prepare and/or write, the project needs, costs, cost share, engineering and archeological studies and partnership capabilities in order to develop the narrative, equipment lists and secure all needed licenses, documents and maps, and if necessary requests for wavers."

The services agreement states the "time for performance of the services … shall be established on a project to project basis by the Cheyenne and Arapaho Department of Education at an average hourly rate of $55 per hour plus $150 printing expenses that will total but not exceed $5,870."

Keane Communications, "is a sole proprietorship licensed in the state of New Mexico with the focus of offering grant writing, bi-lingual educational video productions, event planning and legislative support services to Native American tribes and Indian organizations with a focus on providing resources to assist in preserving tribal languages."

A projected timeline has not been provided thus far to document how the radio and television stations will progress.

Easy Crockpot Chicken Santa Fe



Cooking with commods

Ingredients:

24 oz (1-1/2) lbs. chicken breast
14.4 oz. can diced tomatoes with mild green chilies
15 oz. can black beans
8 oz. frozen corn
1/4 cup chopped fresh cilantro
14.4 oz. can fat free chicken broth
3 scallions, chopped
1 tsp garlic powder
1 tsp onion powder
1 tsp cumin
1 tsp cayenne pepper (to taste)
salt to taste

Combine chicken broth, beans, corn, tomatoes, cilantro, scallions, garlic powder, onion powder, cumin, cayenne pepper and salt in the crock pot. Season chicken breast with salt and lay on top. Cook on low for 10 hours or on high for 6 hours. Half hour before serving, remove chicken and shred. Return chicken to slow cooker and stir in. Adjust salt and seasoning. Serve over rice

A.A Meetings
7 p.m.-Wed.
&
N.A. Meetings
7 p.m.Thursdays
at the
George Hawkins Memorial Treatment Center
East of Clinton on Airport Road

For more information, call
(580) 331-2370

EATING well for DIABETES

By Kristie Purdy, MA, RD/LD
C&A Diabetes Wellness Program

Good Nutrition – The Heart of the Matter

Heart disease is the leading cause of death in America. Many of these deaths are preventable. The food choices we make can have a big impact on the health of our heart and controlling cholesterol levels, blood pressure and diabetes. The month of February is American Heart month. This is a great time to take a look at our nutrition and give it a heart-healthy check-up.

Following a heart healthy diet is the best approach to lowering your risk of heart disease. A heart healthy diet is one low in fat, especially saturated and trans fats, high in omega 3 fatty acids, high in fiber, and low in salt and sugar. To follow a heart-healthy lifestyle, try the following tips when preparing meals.

Lower Saturated and Trans Fats By:

- Choosing lean cuts of beef and pork. Look for cuts containing the word "loin" or "round" in their name.
- Drain the fat off of cooked, ground meat. Try placing the cooked meat in a strainer and pouring boiling water over the top to help remove any excess fat that may be present.
- Trim all visible fat from meat before cooking.
- Take the skin off chicken or turkey before eating it.
- Dark meat chicken and turkey contains more fat than white meat. Try choosing more white meat.
- Processed meat is high in saturated fat. Try limiting the amount of processed meats in your diet such as hot dogs, bologna, and salami.
- Bake, broil, roast, stew or stir-fry lean meats, fish or poultry.
- Refrigerate leftover stews, soups or gravies. Before reheating, skim off the fat with a spoon.
- Aim to include fish in your diet at least twice a week.
- All of the protein sources in your diet do not have to come from meat alone. Plant foods including: soybeans, pinto beans, lentils and nuts can be a great source of protein as well.
- Opt for reduced fat cheeses instead of the higher fat versions. White cheeses such as mozzarella and Swiss cheese tend to have less fat than yellow cheese versions.
- When a recipe calls for 2 percent or whole milk use non-fat skim or 1 percent milk instead.
- To adjust to the taste of lower fat milk products, slowly work your way down from 2 percent to 1 percent to fat-free skim. To make this adjustment easier, try mixing a half-gallon of 2 percent with a half-gallon of 1 percent in a gallon container. Once your taste buds become accustomed, try drinking just 1 percent and continue moving toward the fat-free version.
- Use liquid vegetables oils and soft margarine instead of stick margarine or shortening.
- Try avoiding deep-fried foods as much as possible.
- Limit the amount of cakes, cookies, crackers, pastries, pies, muffins, and doughnuts. Store bought versions of these foods tend to be the biggest sources of trans fats. Check ingredient lists on food packages and avoid products containing partially hydrogenated oils.
- Use non-stick spray or a nonstick pan for cooking.
- Try using broth as a substitute for oil when sautéing foods.
- Make salad dressings with olive, walnut or pecan oil.

Eat Foods Containing Omega-3 Fatty Acids

- Select heart healthy oils providing omega-3 fat, such as canola or soybean oil.
- Add flaxseed oil to foods like salad dressings.
- Sprinkle ground flaxseed over foods such as cereal or yogurt. Be sure the flaxseed is ground up. Your body cannot digest the beneficial fat if the seeds are left whole.
- Eat fatty fish twice a week, like salmon, albacore tuna (in water, if canned), mackerel and sardines.
- If you don't want to eat any of these foods, you may want to try a fish oil supplement. The recommended dose is 1 gram of omega-3 fatty acids from a combination of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per day.

Reduce Salt (Sodium)

- Control the salt in your meals by preparing foods at home and by using as little salt in cooking as possible.
- Do not salt food at the table.
- Do not use mixes or "instant" products that already contain salt or additives with sodium.
- Select no-sodium or low-sodium canned foods.
- Season foods with herbs, spices, garlic, onions, peppers and lemon or lime juice to add flavor.

Increase Fiber and Make Healthier Carbohydrate

See **Nutrition**, *page 8*

BRIEFS

The 24th annual Reservation Economic Summit and American Indian Business Trade Fair-The Power of Indian Country

Feb. 21-24, 2010 at the Hilton in Las Vegas, Nev. For more information or to register visit www.ncaied.org.

The 39th annual National Migrant and Seasonal Head Start Conference-Sowing Seeds of Success

Feb. 23-26, 2010 at the Hilton Washington Hotel in Washington, D.C. For more information or to register visit www.headstartresourcecenter.org.

Casino Accounting and Auditing for Indian Gaming Organizations

Feb.24-25, 2010 in Las Vegas, Nev. To register visit www.falmouthinistitute.com.

Save the Child/Save the Teenager Academic Excellence Workshop-Indian Ways

March 1-2, 2010 in Seattle, Wash. For more information visit www.stcstt.com.

The Southwest Consortium of Indian Head Start Native American Child and Family Conference

March 2-4, 2010 at the Wild Horse Pass Hotel and Casino in Chandler, Ariz. For more information or to register visit southwestconsortium.org/nacfc.html.

The 2010 Child Engagement Conference

March 3-5, 2010 at the Siskin Children's Institute, 1101 Carter Street, Chattanooga, Tenn. Expand child development knowledge, learn new classroom strategies, and connect with peers critical component of child development. To register visit www.childengagementconference.com.

The 11th annual International Summit on Improving Patient Care in the Office Practice and the Community

March 7-9, 2010 in Washington, D.C. For more information or to register visit www.ihi.org.

The 33rd annual California Conference on American Indian Education-Saving Our Language, Saving Our Culture

March 25-27, 2010 at the Marriott in Santa Clara, Calif. For more information or to register visit www.web.mac.com/cieda.

Native Women and Men's Wellness Conference

March 28-31, 2010 at the Town and Country Resort and Convention Center in San Diego, Calif. For more information visit www.aii.outreach.ou.edu.

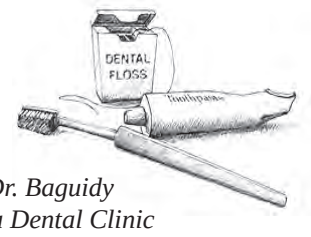
The ninth annual Bridge a Gap Conference

March 29-April 1, 2010 at the Southern Hills Marriott in Tulsa, Okla. Sponsored by the Muscogee Creek Nation in collaboration with the National Forest Service to strengthen relationships between the USDA Forest Service and federally recognized tribal governments with interests in tribal forests. For more information contact Joyce Bear (918) 732-7731.

The Employee Health Care Conference-Workforce Health 2010 New Deal, New Dividend

March 25-26, 2010 at the Loews in San Diego Calif. For more information or to register visit www.conference-board.org.

When your HEALTH matters



By Dr. Baguidy
Watonga Dental Clinic

This month we are celebrating **"DENTAL HEALTH MONTH"**

In this article I want to talk about the relation between the mouth and the overall part of the body.

As you all know diabetes affect a significant portion of the Cheyenne and Arapaho population. There is a high incidence of type II diabetes and the incidence does not show that it will diminish.

In the meantime there are some healthy key points to consider that will help manage this chronic condition. One aspect of having suffering from diabetes it affects all parts of the body especially the mouth.

HOW DO WE KEEP A HEALTHY MOUTH

Research has advocated for quite sometime the importance of keeping a healthy mouth.

Brush at least twice a day with a soft bristle and a fluoride toothpaste. The use of dental floss or small brushes to clean in between the teeth.

For keeping your own teeth is important for healthy eating. Your own natural teeth help you chew foods better and easier than you can with dentures. We advocate dentures as the last resort.

People with diabetes get gum disease more often than people who do not have diabetes. Gum infections can make it hard to control your blood sugar. Once an infection starts, it can take a long time to heal and if the infection is severe enough, teeth loosen and fall out.

The most important point to remember is that gum infection is silent. You do not feel any pain until the infection is severe, at that point the best treatment is extraction. It can be avoided with prevention and maintenance.

In cases of diabetes, when blood sugar is elevated, it increases the risk for cavities, gum disease, dry-mouth, and other variety of dental infections.

It is important to have a dental check-up at least every six months. The dental staff is knowledgeable and can help you with scheduling your appointments. You can call when you wish and there is no specific week or date to call.

Keep in mind smoking makes gum disease worse and increases the incidence of cavities. By taking care of your mouth, it can have a great positive impact on your overall health.

Remember, when you come for a dental visit to eat before your dental appointment. Take your medications as usual. Check your blood sugar. Let your dentist know if you are experience any dryness of your mouth

Do not hesitate to call the dental clinic. The hours of operation are usually 8 a.m. – 5 p.m. Monday-Friday. Call before you come in to confirm your spot.

The dental clinic at Watonga is fully staffed and are available to answer any of your questions. For more information, call (580) 623-4994.

Alcohol companies oppose plan for Whiteclay, Neb.

(LINCOLN, Neb.) - Alcohol makers and distributors are opposing a proposal aimed at easing alcohol-related problems in and near Whiteclay, Neb.

Beer-maker Anheuser-Busch was among the companies that told a Nebraska legislative committee on Feb. 3, 2010, that it opposes earmarking dollars from sales tax for specific purposes.

Under the measure (LB1002), sales-tax revenue from alcohol sales in Whiteclay and stores within a 30-mile radius would go toward alcohol treatment, law enforcement and possibly other measures.

Four stores in Whiteclay, which has a population of about a dozen, sell millions of cans of beer annually, mostly to residents of the Pine Ridge Indian Reservation.

Liquor is banned on the South Dakota reservation, but it is within walking distance of Whiteclay.

Walker named regional BIA director

(ALBUQUERQUE, N.M.) - The Bureau of Indian Affairs announced Feb. 4, 2010 it has named William Tandy Walker as the director of the agency's southwest region.

Walker, a member of the Chickasaw Nation of Oklahoma, had been serving as the acting regional director since September 2008. The region oversees nine BIA agencies serving 25 federally recognized tribes in New Mexico, Colorado and Texas. The BIA says Walker is currently on a 120-day detail as the acting deputy bureau director of the agency's Office of Justice Services in Washington, D.C.

Walker began his BIA career as a soil conservationist for the Land Operations Branch of the Fort Apache Agency in Arizona in 1992. In 2004, he was selected as the superintendent of the BIA's Mescalero Agency in New Mexico.

American Indian tribe pushes police power bill

(BOISE, Idaho) - An American Indian tribe in Idaho wants to give its police more power.

The Couer d'Alene tribe introduced legislation on Feb. 9, 2010 that would allow its police to arrest non-tribal members accused of violating state law on reservations. The measure was unanimously approved by the House Judiciary committee Tuesday.

Tribe lobbyist Bill Roden told the committee that tribal officers would have to be certified by the state police academy, as Coeur d'Alene tribal officers are now.

The legislation was prompted by a dispute between the Couer d'Alene tribe and a local sheriff.

Roden says Couer d'Alene police often address crimes committed by non-tribal members because tribal members make up a minority of people living on the northern Idaho reservation.

Jodi Marquette

American Indian Wills Clinic

- Free estate, planning services for American Indians who are Oklahoma residents.
- Preference will be given to people who own Indian property.

American Indian people face many unique challenges in accessing quality estate planning services.

In an effort to address some of these challenges, the Oklahoma City University School of Law is pleased to offer free estate planning services through the Jodi Marquette American Indian Wills Clinic.

What Is Offered? - Estate planning provided by Oklahoma City University School of Law students under the supervision of a licensed attorney and clinical law professor.

Who Is Eligible? - Any American Indian who is a resident of the State of Oklahoma. Preference is given to those who own Indian land.

How Much Does it Cost? - No cost. Thanks to a generous anonymous donation, the work of the wills clinic is provided to clients free of charge.

Who Do I Contact? - To schedule an appointment or for more information contact the Native American Legal Resource Center at (405) 208-5017.

Public Notice

Notice to all Disabled Individuals

To all persons with disabilities living in the following counties: Beckham, Blaine, Canadian, Custer, Dewey, Kingfisher, Major, Roger Mills, Washita, Woodward and Ellis county. The Cheyenne and Arapaho tribes Vocational Rehabilitation program will open for review the policies of the program and will hold a case review on the same day.

This policy review is from 10 a.m. to noon Feb. 24, 2010, and the case review is from 1 p.m. to 3:30 p.m. at the Cheyenne – Arapaho Technology and Innovation (CATI) 1621 B East Hwy #66 El Reno, Okla. Located on the west-side of the Canadian Square Shopping Center. For more information call (888) 284-7725 or (405) 422-7617.

CALENDAR of Events

Community Health Research conference

From 8 a.m. to 5 p.m. Feb. 19, 2010 at the OU-Tulsa Learning Center. There is no registration fee or cost to participants. Sponsored by Project in Community Health Research, School of Community Medicine, OU-TULSA.

Chasing the Sun powwow and 10K

Feb. 19-21, 2010 at the University of Phoenix Stadium in Glendale, Ariz. First powwow held in a NFL stadium. $100,000 in total prize money. For more information, visit www.nabihoops.com.

Seminole Nation Domestic Violence Awareness banquet/style show

At 6 p.m. Feb. 20, 2010 at the Enoch Kelly Haney Center at Seminole State College, 2701 Boren Blvd., Seminole, Okla. Cost is $25 per ticket. Style Show starts at 4:45 p.m.

The 11th annual Trout Derby

Feb. 20, 2010 at Lake Pawhuska in Pawhuska, Okla. For more information call the Pawhuska Chamber of Commerce at (918) 287-1208.

NWCG Basic Wildland Firefighter Training Course

From 8 a.m. to 5 p.m. Feb. 22-26, 2010 at the Oklahoma Environmental Training Center, Rose State College, 6420 Southeast 15th Street in Midwest City, Okla. For municipal/volunteer firefighters, land managers, prescribed fire practitioners and anyone interested in a wildland fire career. For more information call (405) 733-7488. Space is limited.

Adriana Arreola 1st birthday dance

Feb. 27, 2010 at the Concho Comunity Center in Concho, Okla. Gourd dance at 3 p.m. and supper at 5:30 p.m. Inviting all veteran organizations, war mothers and veterans princessess.

The annual Peoria Tribe Stomp Dance

At 7 p.m. on March 6, 2010. Festival of Native American Dance held the first weekend in March. For more information, call (918) 540-2535.

The 2010 American Indian Festival of Words

From 10 a.m. to noon March 6, 2010 Circle of Honor ceremony honoring Billy Mills at the Tulsa Central Library, 4th and Denver, in Tulsa, Okla. For additional events in March, visit www.tulsalibrary.org.

Denver March powwow

March 19-21, 2010 at the Denver Coliseum in Denver, Colo. For more information call (303) 934-8045 or visit www.denvermarchpowwow.org

Randy Travis concert

At 7:30 p.m. March 21, 2010 at Lucky Star Casino in Concho, Okla.

The 2010 Miss, Jr, and Little Miss Indian Oklahoma City competition/performance

At 6:30 p.m. March 26, 2010 at the Destiny Christian Center, 3801 SE 29th St. Del City, Okla. For more information, call Shirley Wapskineh at (405) 632-5227. Visit www.misindianokc.org or www.okcic.com.

Josiah Sage's fourth birthday dance

March 27, 2010 at the Sax & Fox powwow grounds, 5 ½ miles south of Stroud, Okla. Gourd dancing at 2 p.m., dinner at 5 p.m. and grand entry at 7 p.m. All vendors and drums welcome. For more information, call Sylvia Exendine at (918) 987-0084.

Third annual "Preparing for the seventh generation: The journey continues in commercial tobacco control"

April 7, 8, 9, 2010 at the National Center for Employee Development, 2801 State Highway 9 in Norman, Okla. No registration fee.

Oklahoma City University Native American Society annual spring contest powwow

April 10, 2010 at the OCU Freede Wellness Center in Oklahoma City.

Gathering of Nations powwow

April 22-24, 2010 at the University of New Mexico football field in Albuquerque, N.M. (Across the street from the Pit). Application deadline for Miss Indian World Pageant is March 20, 2010. Visit www.gatheringofnations.com for more information.

Tunica-Biloxi powwow

May 14-16, 2010 in Marksville, La. on the Chief Joseph Alcide powwow grounds – Tuncia-Buloxi reservation. Dance and drum competitions. For more information call (800) 946-1946 or visit tunicapowwow.org.

Chilocco Indian School 126th reunion

June 11, 2010 at Embassy Suites, 1815 S. Meridian, in Oklahoma City. For more information, call (405) 392-5536 or (405) 377-3587.

Tinker Inter-Tribal Council powwow

June 12, 2010 at Joe Barnes Regional Park in Midwest City, Okla. For more information, call (405) 733-3587.

Red Earth Festival

June 18-20, 2010 at the Cox Convention Center in Oklahoma City. For more information, call (405) 427-5228 or visit www.redearth.org

Wounded Knee Memorial Motorcycle Run

Aug. 6-7, 2010 from Fort Yates, N.D. to Eagle Butte, S.D. to Wounded Knee. Honoring the trail of Chief Big Foot. For more information, call Bruce Hansen at (262) 903-0869 or hansen@elknet.net

Expert encourages tribes to tackle suicide, gangs

(OACOMA, S.D.) - Gang activity and teen suicide on American Indian reservations need to be addressed together, according to a national gang expert who says there's a strong connection between the two problems.

Christopher Cuestas with the National Violence Prevention Resource Center spoke Feb. 4, 2010 to a gathering of tribal members and legal and law enforcement officers during a ``tribal listening conference'' hosted by U.S. Attorney Brendan Johnson.

Cuestas said that once a gang emerges in a community, the group establishes itself by recruiting and indoctrinating members. A gang during this stage will dovetail the community's risk factors, which for Indian reservations include drugs, alcohol, poverty and unemployment - the same ones linked to teen suicide.

Communities need to be proactive to prevent gangs from progressing, he said.

``They begin to evolve within that setting, and eventually they get to the point, if allowed to continue, to entrench themselves,'' he said.

The conference is part of a broader initiative by the U.S. Justice Department and the first in the nation because of Johnson's work as chairman of an American Indian issues subcommittee that reports to Attorney General Eric Holder.

Johnson's office is responsible for prosecuting major crimes on South Dakota's nine Indian reservations, defined by the United States Code as ``Indian country.''

Johnson said the state's tribes have often been heard but not listened to, and a goal of the conference is to change that.

``Listening requires engagement by both parties,'' he said. ``It requires respect and understanding, and it implies that there will be action.''

After opening ceremonies and comments, the larger group split into nine closed breakout sessions so tribal representatives could each meet with a U.S. attorney's office representative.

John Mousseau, an Oglala Sioux tribal council member and chair of the judiciary committee, said one of the biggest problems faced by tribes is a lack of resources.

Mousseau, former police chief on the Pine Ridge reservation, said the department's some 40 officers are charged with keeping about 40,000 residents safe across a reservation that's about the size of Rhode Island.

He'd like to see money for training and hiring officers to ``see what we can do with the right tools.''

``We're never up to date on the gang issues itself and the gang population because it fluctuates so much,'' Mousseau said. ``There's a constant need within law enforcement to constantly retrain and reeducate itself.''

He said Pine Ridge has had some success with establishing a tenant patrol, providing residents with a radio and training so they could report crimes instantly to the police.

``It was a big success,'' he said.

Todd Bear Shield, a member of the Rosebud Sioux Tribal Council, said his tribe has a big problem with gangs and suicide.

He said much of it is linked to abuse of methamphetamines.

He recalled one youth who was strung out on meth for four or five days before taking his life.

Cuestas encouraged tribes to make an honest assessment of gang activity on their reservations, identify the risk factors and use innovative and collaborative approaches to combat them.

``Set your long-range plans, but address your short-term objectives now,'' he said.

The changes might have to be incremental if there are funding and manpower shortages, ``but this subculture needs to know that we're coming.''

``They need to know that we're not going to able to overtake our communities and steal our young people from us,'' he said.

Sheryl Lovelady to direct Women's Leadership Initiatives at OU

(NORMAN, Okla.) – Sheryl Lovelady, a professional with two decades of success working to recruit leaders, helping them win elected positions and serving with them, has been named the director of Women's Leadership Initiatives at the University of Oklahoma's Carl Albert Congressional Research and Studies Center.

"Oklahoma currently ranks 49th in the nation for the proportion of women in the state Legislature," said Cindy Simon Rosenthal, director and curator of the center. "Our goal is to inspire women of all political parties to consider public service as a career. We are pleased to have Sheryl leading our efforts."

Lovelady will direct several initiatives designed to encourage women to pursue careers in public service. The annual N.E.W. (National Education for Women's) Leadership undergraduate program is in partnership with the Center for American Women in Politics at Rutgers University.

The program involves training and presentations by some of the most successful women leaders in the state of Oklahoma. The Pipeline to Politics program works with women beyond college who are interested in political and other leadership opportunities.

The Oklahoma Girls' Voices Project works in partnership with youth-serving organizations focused on helping girls use their voices to make positive changes in their schools, neighborhoods and communities.

Lovelady also will also contribute to the center's civic education initiatives, such as Capitol and Community Scholars Programs for OU undergraduate students. Capitol Scholars get first-hand experience working in and around the Oklahoma Legislature to develop a greater appreciation of the public policy-making process.

Community Scholars engage in hands-on service learning opportunities with nonprofit organizations and local government entities. Both groups of scholars earn academic credit during their internships.

"Oklahoma will move forward if women are at the table. Their voices redefine the dialogue, and they lead in a way that can transform the future of our state," said Lovelady. "Our initiatives at OU motivate women to move from ideas to action."

A native of Seminole, Lovelady began her career as a professional photographer before entering the political and government sectors. She served on the executive staffs of the Oklahoma Senate Appropriations Committee and the Senate President Pro Tempore.

She also served as executive director of a statewide legislative caucus organization. In this capacity she provided oversight of fundraising, campaign and policy strategies for caucus members. She has worked with clientele throughout the United States as a strategic consultant, with a Washington, D.C., and a Florida-based public opinion research firm.

Most recently, Lovelady served as director of communications for the City of Tulsa. She is a graduate of Leadership Tulsa and the U.S. Department of Defense JCOC leadership program.

She serves as president of the Gordon Cooper Technical Center Foundation and on the Board of Directors of the John Hope Franklin Center for Reconciliation.

OU's Carl Albert Center is a unique resource for scholarship and research related to the U.S. Congress.

The center promotes original scholarship by faculty and students into various aspects of politics and the Congress; serves as an important resource on the history of Congress, primarily through the Carl Albert Center Congressional Archives; fosters a wider understanding and appreciation of the Congress through a public outreach program, which includes lecture series, exhibits and publications; and develops academic programs in congressional studies at both the graduate and undergraduate levels, which are sponsored in cooperation with the Department of Political Science in the OU College of Arts and Sciences.

For more information, visit the Carl Albert Center's Web site at www.ou.edu/carlalbertcenter.

NIEA

Continued from page 4

es through grants to tribes, tribal organizations, schools, and universities to develop and bolster native language immersion and revitalization programs.

Research shows that Native children who participate in language immersion and revitalization programs perform better academically than their native peers who do not participate.

Native languages are not spoken anywhere else in the world; and, if they are not preserved, then they will disappear forever. In native communities across the country, native languages are in rapid decline. It is a race against the clock to save native languages.

Also $263.4 million for Indian School Construction and Repair - Bureau of Indian Affairs (BIA), Department of Interior (DOI) - DOI Appropriations Bill

· NIEA requests a $150.4 million increase from the FY10 enacted level of $112.994 million for a total of $263.4 million in FY11 to the BIA for Indian school construction and repair.

Obama requests $52 million for FY11 for BIE school construction and repair. This amount is simply not enough to address the staggering construction and repair backlog. Since FY 2005, the funding levels have dramatically decreased for this critical program.

NIEA seeks $263.4 million because this was the funding level in FY 2005, which was instrumental in reducing the construction and repair backlog. BIA's budget has historically been inadequate to meet the needs of Native Americans and, consequently, Indian school needs have multiplied.

NIEA appreciates that $277.7 million that was provided to BIE school construction and repair under the American Recovery and Reinvestment Act.

· The Federal government's responsibility for the education of Indian people is in response to specific treaty rights; and anything less than full funding of native education programs signifies increased negligence of its trust responsibility.

Also $24 million for the Johnson O'Malley Program (JOM) - BIA, DOI – DOI Appropriations Bill.

· NIEA requests a total of $24 million for JOM, which was the FY 2006 enacted level. Over time, funding for JOM has steadily decreased due to the previous Administration's efforts to eliminate the program. NIEA seeks full restoration of JOM to at least the FY 2006 enacted level.

The FY10 enacted amount (and the enacted amounts from FY07 through FY09) was $21.4 million, which was only a partial restoration of JOM funding. Obama's FY11 budget requests $21.273 million, a $256,000 decrease from last year's level.

· JOM grants are the cornerstone for many Indian communities in meeting the unique and specialized educational needs of native students.

Many Indian children live in rural or remote areas with high rates of poverty and unemployment. JOM helps to level the field by providing Indian students with programs that help them stay in school and attain academic success.

· Even though JOM funding is extremely limited due to BIA budget constraints, it is being used across the country in a variety of basic as well as innovative ways to assist Indian students to achieve academically.

JOM funding is used to provide vital programs designed to build self-esteem, confidence, and cultural awareness so that Indian students can grow up to become productive citizens within their communities.

For example, JOM funds help students achieve and succeed by providing such services as: eyeglasses and contacts, resume counseling, college counseling, culturally based tutoring, summer school, scholastic testing fees, school supplies, transition programs, musical instruments, native youth leadership programs, student incentive programs, financial aid counseling, fees for athletic equipment and activities, caps and gowns, art and writing competitions, etc.

Other programs administered by the federal government, such as NCLB funding at the Department of Education, do not allow funding for these types of activities.

· Even with the funding requested, $24 million will not keep pace with true needs. In 1995, a freeze was imposed on JOM funding through DOI, limiting funds to a tribe based upon its population count in 1995.

The freeze prohibits additional tribes from receiving JOM funding and does not recognize increased costs due to inflation and accounting for population growth.

NIEA urges that the JOM funding freeze be lifted and that other formula-driven and head count-based grants be analyzed to ensure that tribes are receiving funding for their student populations at a level that will provide access to a high quality education.

Also $10 million for Tribal Education Departments (TED's) - BIA, DOI - DOI Appropriations Bill and U.S. Department of Education - Labor, HHS, Education Appropriations Bill

·TED's are authorized for funding at the BIA (as well as the Department of Education under NCLB) but have never been funded.

TEDs develop educational policies and systems for Indian communities that are attuned to the cultural and specialized academic needs of Indian students.

TEDs partner with the federal government and state governments and schools to improve education for tribal students.

The $10 million for FY11 with $5 million for BIA and $5 million for DOE for TED's is a very modest request that would yield positive benefits for Indian students and provide tribes with increased input over the education of their children.

NIEA is asking for Indian Country's assistance in increasing funding for native education programs.

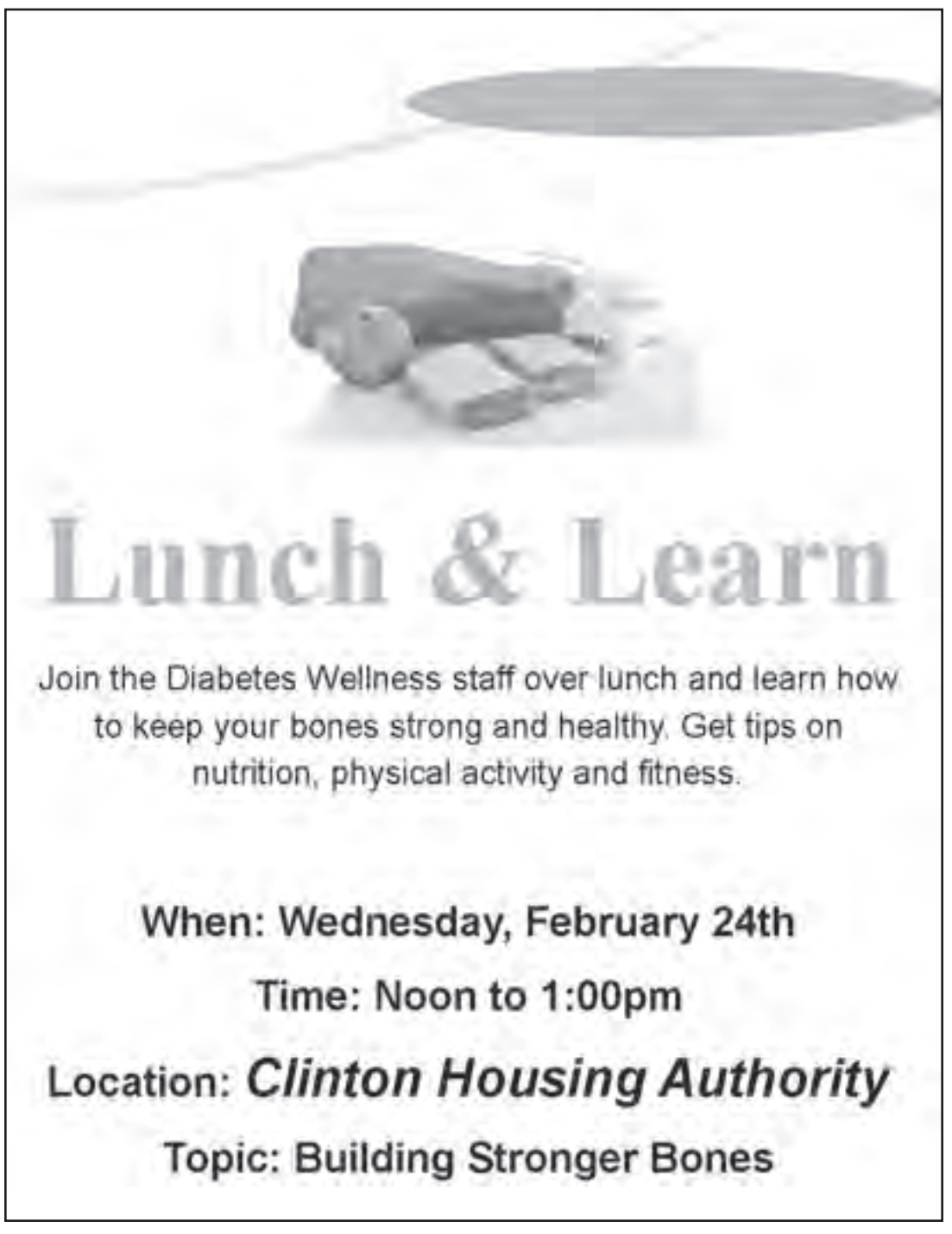
Our native children can achieve academic greatness, if their classrooms and other school facilities are structurally safe and they have textbooks and other basic school supplies that are necessary in thriving learning environments.

We, the NIEA membership, are their voices and we are obligated and privileged to provide them with the right tools and skills to ensure a promising educational future.

Again, on behalf of the National Indian Education Association, I thank our membership for their continued advocacy and support of native learners.

And I leave you with this special thought from our Board President Patricia Whitefoot, "As an educator, I feel a deep sense of responsibility to cultivate our grandparents' vision for the overall health, well-being and spiritual needs of our children, families and communities."

I know that we can make this vision a reality. I mua a loa`a ka lei o ka lanakila. Mahalo nui loa. Thank very much.


Lunch & Learn
Join the Diabetes Wellness staff over lunch and learn how to keep your bones strong and healthy. Get tips on nutrition, physical activity and fitness.
When: Wednesday, February 24th
Time: Noon to 1:00pm
Location: Clinton Housing Authority
Topic: Building Stronger Bones

Nutrition

Continued from page 6

Choices

- Use whole grain flours when baking.
- Reduce the amount of sugar in recipes. It can often be cut in half.
- Stir-fry fiber-rich vegetables, such as peppers, cabbage, broccoli and carrots.
- Add dried beans and lentils to home-made soup.

Following a healthful eating pattern and lifestyle are your best approach for staying healthy and preventing heart disease. For questions concerning nutrition, diabetes or weight management, please contact the C-A Diabetes Wellness Program at (405) 422-7688.

Happy Birthday

Happy Belated Birthday
Emerson Ellis! May you be blessed with happiness, good health and lots of jackpots!
Love you lotz,
Dawn & Chocolate

Happy Belated Birthday
Shaena P. Aguilar
Jan. 14
Study hard and also enjoy yourself. We are pulling for you here in "okie" country. We miss you very much and pray for you.
Love from your godmother Sherrill and your old gang, Travis, Ashlee, Raynelle, bubba, Sir William, Brady. Keep up the good friendly personality you were blessed with. May God always keep you in His sights.

Happy Birthday
Laura
From all your friends at Clinton Head Start

Happy 14th birthday
Sierra Seneca
Feb. 2
Love you, mom

Happy 50th Birthday
We hope you have a wonderful birthday and we are thankful to have you in our lives. We love you bunches.
Your children and family

Happy Birthday in Billings, MT to Nuo' Wahhghis (Birdshead) Richardson
Feb. 9
You've grown up to be a beautiful person and mother. We love and miss you. Love your Oklahoma family, auntie Sheri, cuzs, Tim, Alana, Lee, Chelsey and Hillary, nieces Lakota, Skyla, and Jada, nephews Dustin and Tye and your uncle Alan

Happy 27th Birthday
Roger Alan Todd-Feb. 16
To celebrate another year is so awesome. We are gonna all have a good time for the day, maybe a week. Need to get you a jug of wine to go with the birthday cake that the stripper jumps out of! Have a good one to boot.
Love mom, Terri, Tubby

Happy Belated 8th Birthday
Braden Roy Nightwalker
May your spirit soar to heights unknown to a land of dreams thats yours alone!
We love you very much and are very proud of you.
KaShawn Jesus, uncle Toe, grandma Alberta and grandpa Elmer

Happy Birthday and Happy Valentines Day to Augustine Joy
Love, Edwin

Happy 13th Birthday
Charles Sleeper, Jr.
Feb. 19
Love mom, dad, Eva, Ella, Nona, Heather, Dion, Terrence and Spike, Princess and Midnight the cat!

Happy Belated 32nd Birthday!
January 26
Sorry I missed your birthday but I love you and hope that it was a good one. We all miss you and will see you soon!
Love you lots your baby sister April Wine and the Curtis and Birdshead families

Happy 18th Birthday to "our princess"
Shelby Lynn White Thunder!
Feb. 3
Love, mom, dad, Shelsie and Sheldon

Happy Birthday Geep Meely
Feb. 4, 1981
29 good years that I'm blessed with to have you with me. I do love the new one that is here with us. May you win on all the machines that you play on that day, if you do I sure will help you celebrate! Ha I Love you, Mom

Happy Birthday
Lola Hester
From all your friends at Clinton Head Start

Happy 28th Birthday
Robin Pedro-Feb. 24
It most definitely is a good day! As always, Henry Richard (GoodBear)

Happy 1st Birthday to my baby niece Aliya
Love your uncle Henry Richard (GoodBear)

Happy 5th Birthday Rocky
Feb. 7
Love your brothers Sammy, Gaberiel, and Landon.
We love you!

Happy 2nd Birthday LALA
Laperla Tara Lynn Hoffman
Feb. 27
We love you always and forever.
The Hoffman family, Santos family and
ILLEGAL TOYS C.C.

Happy Birthday
Javion Hill
From all your friends at Clinton Head Start

Happy 19th Birthday
Kayla
Feb. 16
Love uncle Rod

Happy Birthday, Nick!!
Feb. 14
We love you!
Love, mom, dad, baby, Kris, and the rest of your relations!

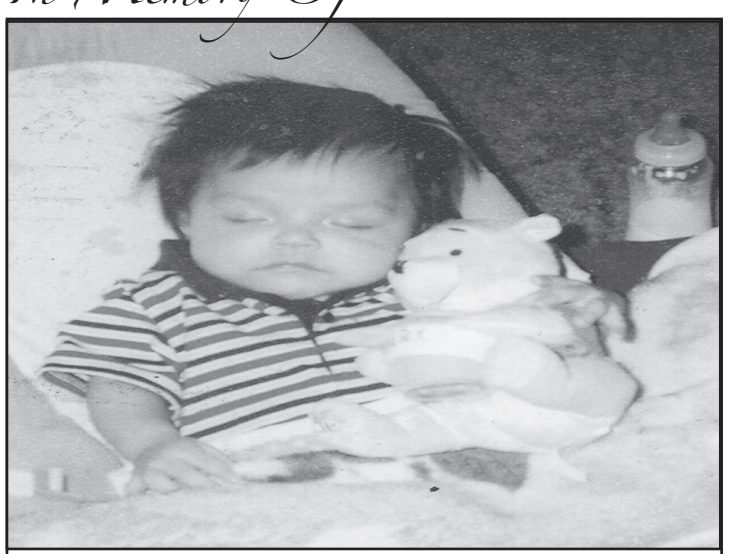
Happy Belated Birthday to my nephew
Freedom Heap-of-Birds
Jan. 12
I think you often
Love aunt Georgia A. Emhoolah

Happy Birthday
Camryn
From all your friends at Clinton Head Start

Happy 83rd and 3rd Birthday
Grandma and Avril
Feb. 19
We love you ladies and we are thankful for you two being in our lives. We hope that your birthdays are pleasant and you get everything you want! Love mommy, grandbaby and ALL the Curtis and Birdshead families

Happy 10th Birthday Robert James Meely, Jr.
Feb. 14
I hope you get a bunch of Valentines along with birthday presents. All of us in El Reno love you and wish you the best!
Your grandma Terri and the rest of your grandmas in El Reno

In Memory Of



Jayden Allyn Dutchie
Sept. 29, 2004-Feb. 13, 2005

We love and miss you everyday. With all our love, your mommy Chelsey, aunts, Alana, Lee and Hillary, mema Sheri, uncles Rob, Joey and Timmy, papa Alan and all your cousins and family

Congratulations

Congratulations to Eliyah Yocham on making the superintendent honor roll with all A's.

Eliyah is in the first grade at Thomas Elementary School and he is in Mrs. Grall's first grade class.

Eliyah lives with his mom, Erin, his step-dad Hoyt, his brothers, Eric and Evyn.

Keep up the good work Eliyah, we are proud of you!

Congratulations

Jamie Ann Highwalker, No. 22 led the Hammon Junior High School's Lady Warriors to victory in the Bi-CountyChampionship.

We are proud of you and we love you Jamie! From all your family and friends

Congratulations

Congratulations to Kendrick Lee Humphreys on making the superintendent honor roll with all A's.

Kendrick is in the first grade at Thomas Elementary School and he is in Mrs. Nease's class. Kendrick lives with his mom, Teresa, his sister, Kassidi and his grandma, Carol Rice.

Keep up the good work Kendrick, we are proud of you!

Congratulations

The EOTS Department would like to recognize Leslie Yeakey for her outstanding job of becoming Student of the Quarter in A.M. and P.M.

Leslie is in the Adult Vocational Training (AVT) Program and is enrolled in Early Care and Education at Canadian Valley Technology Center in El Reno, Okla.

Happy Valentine's Day

Happy Valentine's Day

Happy Valentine's Day, Johnnie Joe & Joshua Perkins! Momma loves you!

Happy Valentine's Ms. Pedro, ya already know … Henry Richard (GoodBear)

Happy "late" Valentine's Day To my G-town crew! I love you all! auntie Janna

Happy late Valentine's Day to my two Valentines! Travis Nimsey & Brandon Whiteman I am truly blessed to have both of you wonderful men in my life! I will love you always!

Happy Valentine's Day!! :) Bernie Mac

Happy Valentine's Day to my baby doll Mya Guzman and my future football stars Matthew & Mason Guzman from your mom and grandma Lela. Love you always

Happy Valentine's Day and we love you Cheynna, Shaynna and JunBug From momma, pappa and nana

Happy Valentine's Day to Robert James and Daniel Meely, Milford Fletcher, Bush Botone, Cody Vann, Geep Meely, Dustin WhiteBuffalo, Tanner Rizzle, Showtime, Smooth, Pinkie, Ratman Todd, Tubby Todd, Lil "D" Rice and Lionel Tabor.
From Terri

Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license, and CDIB to: Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: awhite@c-a-tribes.org

Program Specialist Economic Development

QUALIFICATIONS:

Prefer a bachelor's degree in business administration, accounting, finance or similar field. Prefer at least three years experience in administration, accounting, finance or similar field or a combination of both education and experience .Prefer two years of supervisory experience. Requires excellent organizational skills. Must be computer literate. Must be familiar with the National Gaming Ordinances, gaming agreements, taxation codes and other tribal ordinances. Ability to clearly articulate the economic development program's goals and objectives. Must have the ability to relate to and work with the Indian and non-Indian vommunities. Must be willing to travel for training, meetings and to various job sites as needed. Must have valid Oklahoma driver's license. Cheyenne and Arapaho preference.

SALARY: Negotiable

Administrative Assistant JOM

QUALIFICATIONS:

High School or GED certification required. Two years work experience in a clerical position. Knowledge of general office ethics and procedures. Knowledge of basic bookkeeping procedures and use of spreadsheets. Proficiency in grammar, spelling, and punctuation. Typing skills of at least 45 wpm. Computer literacy a must. May be required to work other than normal working hours during peak periods.

Must be able to attend conferences, trainings, or meetings as required by JOM. Must have a valid Oklahoma state driver's license. Ability to relate with the Indian and non-Indian communities. Cheyenne and Arapaho preference.

SALARY: Negotiable

Domestic Violence Coordinator

QUALIFICATIONS:

Bachelor's degree in social work or criminal justice preferred. Three years work experience in this specific field may substitute for education. Cheyenne and Arapaho tribal preference. Knowledge about the Cheyenne and Arapaho tribes' culture and/or history. Must have current Oklahoma driver's license.

SALARY: Negotiable

Administrative Assistant Health Education

QUALIFICATIONS:

High school graduate or GED certification required. Two years experience in related field with basic knowledge and skills applicable to general business office methods and procedures. Familiar with the organization's established policies and procedures. Ability to establish and maintain effective working relationships with others. Requires knowledge of proper formats for reports and program correspondence and must demonstrate effective communication skills. Must be dependable and have reliable transportation, a valid Oklahoma driver's license and meet requirements for use of GSA vehicle. Cheyenne and Arapaho tribal member preference.

SALARY: Negotiable

Records Management Clerk II

QUALIFICATIONS:

High school diploma or GED certification required. Vocational training and/or college hours in office administration or records management is helpful. Knowledge of computer software, experience with database programs, phone and communications skills. Ability to develop memos, letters, and reports in a professional manner. Must possess a current and valid Oklahoma driver's license and have reliable transportation. Must be willing to work overtime hours. Cheyenne and Arapaho preference.

SALARY: Negotiable

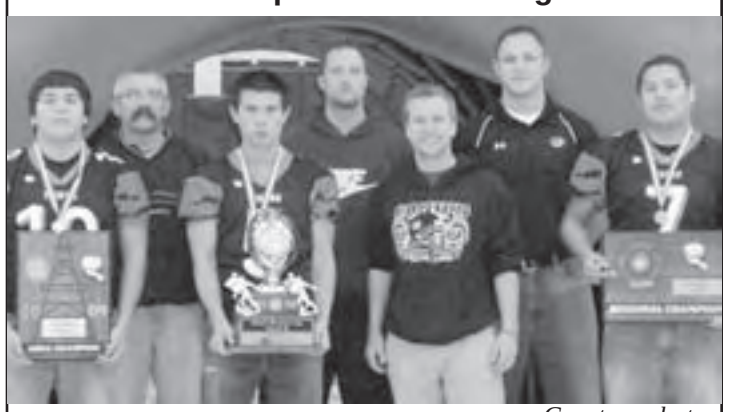
Grants and Contracts Specialist

QUALIFICATIONS:

Bachelor's degree preferred. Strong writing skills a must. Experience with federal and state grant/proposal writing. The GCS must be familiar with OMB circular and have knowledge of CFR regulations. Strong computer skills a must as the GCS will be required to submit grants electronically. Knowledge of the Cheyenne and Arapaho culture, history, traditions and service area. Dependable transportation and valid Oklahoma driver's license required. Cheyenne and Arapaho preference.

SALARY: Negotiable

Congratulations to the Class B State Runner-Ups-The Canton Tigers



Courtesy photo

Submitted article

Canton Tigers played their hearts out to get to where they arrived, the Class B State Championship game on Dec. 5, 2009 in Stillwater, Okla. .

This was an accomplishment for them, as they are the first football team to make it to the State Championship in Canton School history.

The dominated teams in the playoffs teams that had been undefeated and came out champions in Area and Regionals.

Although the game did not go as they would have liked it to, they made the town and their fans very very proud of them. The Canton Tigers came home Class B State Runner-Ups.

Starting for the Tigers are 3 C & A tribal members who helped their team to the Class B State Championship Game: Zach Blood, Mondy Cruz, and Torre Meat. These boys are all seniors and will be graduating in May 2010.

We are very proud of these boys on their accomplishments. Also they have a great coach in Rob Davis and as parents and fans we are proud of his coaching abilities and how far he has taken these young men.

Cheyenne and Arapaho Tribal Tribune

(800) 247-4612 x. 27608 x. 27446

P. O. Box 38
Concho, OK 73022

Fax: (405) 262-6051

DEADLINES:

The deadline for the 1st issue is the **23rd** *of the previous month and the deadline for the 15th issue is the* **8th** *of that month.*

Students gain work experience, college credits with WINS

The Washington Semester American Indian Program - Washington Internship for Native Students (WINS) allows students to live in Washington, D.C., gain professional work experience through an internship, and earn credits toward a degree while at American University.

WINS offers Native American students a competitive all expense paid scholarship-grant provided by American University and the internship sponsor. As a participant, students:

- Intern in a federal agency or professional organization.
- Earn academic credits toward a degree through courses taught by American University professors. The summer offers a course with a focus on Indian policy in various fields and an academic component to enhance your internship experience.
- Live with other Native American students at American University's Tenley Campus.
- Receive transportation to and from Washington, D.C. as well as a modest stipend.
- Enjoy social and cultural activities on American University's campus and in surrounding areas.

WINS operates under the direction of professional staff at American University along with the advice and counsel of an advisory board composed of several American Indian professionals throughout Indian Country and Washington's metropolitan area.

WINS is looking for motivated people who have the heart and spirit to support American Indians, Alaskan Natives and Native Hawaiians. WINS will challenge a studnt's mind and change a student's life.

For more information and to view a list of criteria for the application, visit our www.american.edu/wins or contact the office at wins@american.edu or (202) 895-5943.

Students can apply on-line at http://www1.american.edu/wins/apply.html.

Participants sought for National Rural Youth Assembly

The National Rural Assembly will host a National Rural Youth Assembly on April 22-25, 2010, at the Institute for American Indian Arts in Santa Fe, N.M.

The Assembly seeks 50 young adults from rural communities across the country who will gather to discuss the issues they see as critical to their lives and communities.

The National Rural Assembly Steering Committee asks rural leaders and mentors to nominate young people who are interested in rural issues and invested in making an impact in their local communities.

The National Rural Youth Assembly will engage young people on the key policy areas of the Rural Assembly including the quality of education, stewardship of our natural resources, investment in our communities, and the health of rural people. Youth will represent the diversity of rural America in geographies, races, cultures, genders, incomes and sexual orientations.

Nominated participants must 18-25 years old and represent a rural community.

The Youth Assembly Application Packet should be e-mailed to youthassembly@ruralstrategies.org with the subject of "Youth Assembly Application" or faxed to (865) 688-9596 by 5 p.m. EDT Friday Feb. 26, 2010.

For more information, visit http://www.ruralstrategies.org/national-rural-youth-assembly

AISES Summer Internship Program

Purpose: To Explore Opportunities with the Am Indian Science and Engineering Society's Partner Agencies.

The AISES Internship Program is a 10-week summer program that provides qualified AISES students with internship opportunities to explore potential federal service careers with the following agencies. Interns are provided a weekly stipend and local transportation allowance.

Application Deadline Extended: March 1, 2010. Internships start: June 7, 2010 Internships end: Aug. 13, 2010 Will work with students on a trimester academic year.

The following are AISES 2010 Summer Intern Partners:

- ASRC Federal Holding Company - Greenbelt, Md.
- AMERIND Risk Management Corporation - Santa Ana Pueblo, N.M.
- Bonneville Power Administration: Environment, Fish and Wildlife - Portland, Ore.
- NASA Goddard Space Flight Center - Greenbelt, Md.
- NASA Glenn Research Center - Cleveland, Ohio.
- Department of Veteran's Affairs - Washington, D.C. and other various locations.

The internship is a student learning work experience to gain knowledge and understanding of federal and corporate organizations and their operations. An internship should not be viewed as summer employment with an expectation of earnings.

The 2010 Application must include:

- Completed and signed Internship Application
- Essay
- Two letters of recommendation
- Most recent official college transcript(s)
- Professional resume (AISES Resume Database is down, please submit hard copy of resume with application)
- Proof of U.S. Citizenship (birth certificate or passport)

For more information visit http://www.aises.org/Programs/ScholarshipsandInternships/Internships or contact Tina Pino, AISES Program Officer, (505) 765-1052 x105, tina@aises.org.

To my Cheyenne and Arapaho people, many of our families are experiencing good times, but there are many more who are experiencing hard times and sorrow in their camps.

To those families of each camp you are blessed by Maheo, our Creator. It is Maheo who blessed us by giving us happiness, but it is also He who gives us the strength to get through our times of grief and sorrow. To all of my people I pray for us all. A-Ho

A.R.-A Cheyenne Elder

RESPECT INTERTRIBAL WOMEN'S BASKETBALL TOURNAMENT

February 27, 2010
Clinton Respect Gym

Women's double Elimination Tournament

It is an open tournament, you must be native
CDIB's will be checked before the team is allowed to play
8 person roster limit-18 & older
Each team should arrive 20 minutes before first game to check in
Any player not showing proof of Indian blood will not be allowed to play

DEADLINE TO ENTER YOUR TEAM: FEBRUARY 24, 2010 BY 5:00PM

To register a team or for more information contact the Respect-Clinton office @ (580)331-2601 or 2602

Respect Bowling League

Deadline to Enter: February 24.

C&A League: Mondays @ 6:00 & 8:00 pm
El Reno Bowl
2412 Sunset Drive
Begin: March 1, 2010
End: April 19, 2010

- The Bowling League is for Cheyenne & Arapaho Adult Tribal Members and Employees.
- 4 Players per team.
- Teams can be Co-Ed.
- Teams who miss more than two games, will not be eligible to participate in future leagues.
- This is a Drug & Alcohol free event.

To register your team or for more information, contact the R.E.Sp.E.C.T. Program Office at 1-800-247-4612 Ext. 27570 or 27585.

journey

Continued from page 5

license.

He helped Native American students and school administrators in Watonga with truancy and drop out issues as well. Black Bear said there was a lot of misunderstandings and "Indian kids are shy." He helped organize an Indian club, suggested a Native American attendance counselor, helped create a career development conference, hired a tutor, and asked a local optometrist and physician to screen students. It turns out that 31 kids needed glasses and two children needed hearing aids. A benefit dance was held to raise the money for the glasses and hearing aids.

"The results. We seen a real big increase in attendance," Black Bear said.

His next project was to help Watonga minorities with more job opportunities downtown. He asked fellow minorities to save their receipts so they could show how much they contribute to the businesses. There was a conference on job opportunities and stores eventually began to hire minorities. He said people can go to the bank, supermarket and store, to see that minorities work there now.

Photo by Dana Attocknie

Floyd Black Bear names who's who on his family wall of fame inside his home in Watonga, Okla.

In addition to mediating between public officials and the minority community, Black Bear also formally became involved with politics. In 1987 he ran for mayor of Watonga, but lost by 50 votes. He said a lot of people came out to keep him from winning, but nonetheless his electoral defeat turned out to be a victory for him and his fellow neighbors. At the time, Black Bear said his side of town had nothing but dirt streets and a friend of his, former Oklahoma state Rep. Rollin Reimer (D-Cheyenne), said regardless of the voting outcome he would give Black Bear funding to use on something "worthy." He gathered a group of people together and they named themselves the "East Side Dust Bowl Victims." The group petitioned the city council for three years and eventually had 87 streets paved on his side of town.

Black Bear also assisted a local Watonga family in 1976 when their son was found hung in the Watonga jail. The family wanted an autopsy and called on supporters from the American Indian Movement, who camped at the family's home.

Black Bear said former Watonga Mayor David Burrell asked if he would help mediate discussions between the town and the family. People were concerned another "Wounded Knee" was afoot, Black Bear said. After helping to negotiate, the city did exhume the body and an autopsy was complete.

From 1984 to 1992, Black Bear served on the Cheyenne and Arapaho Business Committee as a District One representative. He said he helped establish the Cheyenne and Arapaho tribes' burial program and tag agency, in addition to being instrumental with the tribes economic development corporation, three tribal smoke shops, two bingo halls, Severance Taxation Commission, tribal court, tribal police department, firefighting units, food warehousing, Emergency Medical Services, and youth shelter and services.

"While on the business committee, I gave four testimonies before congress," Black Bear said. He spoke on health, gaming, education and taxation.

He said he remembers tribal members were not getting reports on their accounts for oil and gas royalties, so a group of them decided to demonstrate in front of the Bureau of Indian Affairs in Concho, Okla. They marched and picketed the front entrance. Once local television stations aired their demonstration, more people joined them.

"The lesson I learned in civil rights is to organize and demonstrate peacefully," he said.

As his involvement with the people progressed so did his knowledge of law. He and 22 other people were on a committee to help write the Cheyenne and Arapaho tribes' constitution. He said the groups' final draft of the constitution was different when it came back from Washington, D.C. and he hopes the committee can reconvene and help solve problems he feels the new constitution has.

Black Bear said he also remembers when there was transparency with some of the tribes' information, such as enrollment. He said people knew who was being enrolled in their district, who was taken off the list or who was denied enrollment, because the information was submitted to the tribal paper and posted. He also remembers when employees didn't have tribal vehicles and they often car pooled to get to work. Yet, Black Bear said the best part of being on the business committee was "making sure people were being served."

Some of Black Bear's affiliations have included and/or do include the National Congress of American Indians (NCAI), National Indian Education Association (NIEA), National Indian Health Board (NIHB), National Indian School Boards and Colleges, United Indian Nations of Oklahoma (UINO), Oklahoma Indian Affairs Commission, Oklahoma Indian Gaming Commission, New Horizon Mental Health Board, Las Casa's Ministries, Traditional Cheyenne Bowstring Society and Cheyenne Family Beaver Clan.

In 1975 he was recognized as the "Outstanding Young Man of America for civil rights efforts in the community," in 1976 as part of the Commission on Religion and Race, from 1976 to1977 commission, negotiator of peace in South Dakota and Menominee, Wis., in 1978 as Who's Who in the Native American Clergy, and in 2001 he received a NAACP Appreciation Award in Watonga, Okla.

Black Bear continues to help with the Food Bank of Oklahoma and delivers meals to people every holiday in Watonga, Geary, Canton, Longdale, Seiling and Clinton, Okla. He also plans to talk to a group of people in Tulsa next year in order to help provide winter coats for children.

"Never quit. Be involved," Black Bear said. "Be involved in your fellow man's life. Always assist the needy."

Although his community involvement took his attention away from home a lot, he did make time to take his two sons on trips to different places like Las Vegas and Corpus Christi, Texas, he said.

"It allowed me to become closer to my boys. It made them stronger, independent and aware," Black Bear said. "I'm really proud of both of them."

Black Bear also went on two trips to Colorado and found two of his Sand Creek descendents. He also hopes to help put together a family reunion next year for the Turtle, Black Bear and White Eagle families.

Today Black Bear's home is wallpapered with family portraits and mementos of his traditional and contemporary journeys to help other people.

"My life has been a journey of a lot of things," Black Bear said. "I guess that's the reason I feel satisfied."

EDITOR'S NOTE: This is the sixth in a series of stories that will showcase Cheyenne and Arapaho tribal elders. If you are an elder and are willing to share your history or if you would like to nominate an elder, please contact me at (800) 247-4612 x27608 or email:dattocknie@c-a-tribes.org.

GET IN THE GREEN
SEMI LUCKY
UNLUCKY
VERY LUCKY
LuckyStar CASINO
LUCK-O-METER
$10,000
ST.PATRICK'S DAY
DRAWING AT 8:30PM
$5,000
GIVEAWAY EVERY SATURDAY
$1,000 HOT SEATS EVERY HOUR FROM 8PM-12AM
FOR MORE INFO VISIT LUCKYSTARCASINO.ORG
Drawing will be held at 8:00 PM on date of event. Management reserves the rights to cancel or modify this event without prior notice. Must be 18 or older.
LuckyStar CASINO
An Enterprise of the Cheyenne and Arapaho Tribes
CLINTON CONCHO
101 N. Indian Hospital Rd.
7777 N. Highway 81

A JOURNEY,
WITH MANY VOICES.
The Census only comes around every ten years and it is our tool to let everyone know who we are and what we need. It's ten questions that will help determine the need for schools, housing, roads and hospitals. By participating we speak for the generations of native people before us and for those to come.
WE MOVE FORWARD WHEN WE PARTICIPATE | 2010CENSUS.GOV
PAID FOR BY U.S. CENSUS BUREAU
United States Census 2010
IT'S IN OUR HANDS